

Life Principle: EFFORT Hercules and the Wagoner

A farmer was driving his wagon along a [miry](#) country road after a heavy rain. The horses could hardly drag the load through the deep mud, and at last came to a standstill when one of the wheels sank to the [hub](#) in a rut. The farmer climbed down from his seat and stood beside the wagon looking at it but without making the least effort to get it out of the rut. All he did was to curse his bad luck and call loudly on Hercules to come to his aid.

Then, it is said, Hercules really did appear, saying:

"Put your shoulder to the wheel, man, and urge on your horses. Do you think you can move the wagon by simply looking at it and whining about it? Hercules will not help unless you make some effort to help yourself."

And when the farmer put his shoulder to the wheel and urged on the horses, the wagon moved very readily and soon the Farmer was riding along in great content and with a good lesson learned.

[Versions of Hercules and the Wagoner](#)

[History of Hercules](#)

[Effort Fable Choice Worksheet](#)

[Effort Choice Worksheet](#)

Step 1: Question Focus: "Effort"

[Question Focus Technique Resource](#)

Step 2: Produce Questions.

Rules for producing questions:

1. Ask as many questions as you can.
2. Change any statements into questions.
3. Write down every question exactly as stated.
4. Do not stop to discuss, judge, or answer the questions.

Step 3: Improve the Questions.

- 1) Identify open and closed-ended questions.
- 2) Change questions: select one question to change from open to closed-ended and one closed question to open-ended.

Example: *Closed to open*

What was the farmer's reaction to being stuck?

What was the difference between the farmer's and Hercules' reaction?

