

**Life Principle: EFFORT**  
**Myth - “The Choice of Hercules”**

**Summary:**

This ancient parable was first recorded in the fourth century B.C. in Xenophon’s Memorabilia, an account of the teachings of [Socrates](#). In the story, Hercules, the half- mortal son of the god Zeus, is [confronted](#) by two beautiful women—virtue (labor) and vice (pleasure) —and forced to choose which path he will pursue.

[The Choice of Hercules – Retold by James Baldwin](#) - printable version of the story

[History of Hercules](#)

[Effort Myth 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 words were used to describe Virtue and Vice?

What connection may be made between Virtue and Vice?

