



Hero's Journey Worksheet

Being familiar with the template of the hero's journey can help us to navigate through unfamiliar territory, and because the journey theme is so embedded in our collective unconscious, framing goals or challenge as a hero's journey can help us to appreciate the steps that might need to be taken and anticipate obstacles.

What is your call to adventure (goal)?

Mentors

- Who could help you? Family, friends, teachers etc
- How could you mentor or train yourself? Use your past experiences
- Who has already done it? Real people or characters in books/films?
- Other sources of wisdom - books/cards etc

What is the threshold?

What is the step that will demonstrate commitment – the point of no return?



Who will be there to support you on the next stage of the adventure?

People you know already – or people you hope to meet

What will be the rewards? Paint a vivid picture for yourself of the benefits of taking action, make it compelling and motivating

What is your first step?
