

Having It **A.L.L.**

HERO'S JOURNEY ROADMAP



**You are the hero of your
own story.**

Joseph Campbell



What is the Hero's Journey?

The Hero's Journey is a common narrative archetype, or story template, that involves a hero who goes on an adventure, learns a lesson, wins a victory with that newfound knowledge, and then returns home transformed. The name "Hero's Journey" (or "monomyth") was popularized by Joseph Campbell in his book *The Hero With A Thousand Faces*.

Where you've seen it:

Many popular movies and books have a "hero" embarking on a journey where they must face their deepest fears in order to embrace their greatness.

Luke Skywalker, Mulan, Frodo Baggins, Dorothy and Harry Potter, are all ordinary people who go on a hero's journey and return with new wisdom, confidence and personal power.

Other examples include:

- The Odyssey
- Beowulf
- The Lion King
- The Hunger Games
- Wizard of Oz
- Moana
- Harry Potter franchise
- Star Wars franchise
- Shrek
- The Matrix
- Kung Fu Panda
- The Goonies

The 12 Stages of the Hero's Journey

1. The Ordinary World

The hero is living in The Ordinary World, which is the standard, mundane life that they're accustomed to. The hero has a sense of their greater potential, but does not fulfill it, which creates a sense of lack in the hero's life. The hero is within their comfort zone, and although this grants them safety, they also miss out on fulfillment, passion, and truly fulfilling their potential.

Examples: Frodo Baggins living in the Shire, doing normal hobbit things; Mulan being groomed into a normal housewife

2. Call To Adventure

It's in this ordinary existence that the hero receives a call to head off into the unknown. It's the triggering event that sends the story into motion (or doesn't, if the hero doesn't choose to answer the call). The hero knows the call has the potential to transform them and deliver the clarity of purpose and meaning the hero has been secretly seeking (but fear starts to brew at this prospect).

Ex: The kids in Goonies finding Willy's Treasure map; Nemo being taken and his father facing his fear of venturing into the deep water

3. Refusal Of The Call

The hero experiences self doubt, friction and fear, and refuses to answer the call. This is where the mind comes up with great excuses and rationalizations as to why staying put and playing it safe is the best thing to do. The hero questions whether they really need purpose, and tries to rationalize that their existence is actually fulfilling. The hero tries to bargain with themselves and settles for their ordinary life (all the while, they feel within them the Call and it's almost impossible to ignore).

Ex: Simba refusing to return to Pride Rock after leaving his home; Luke Skywalker initially refusing to help Obi Wan save Leia

4. Meeting A Mentor

It is during this crisis of confidence that the hero meets a very important person on their journey - a mentor, helper or guide who will help them along the way. They are there to guide the hero along their path, but they will not intervene and take action for the hero (only the hero can do that).

Ex: Harry Potter meets Dumbledore; Peter Parker meets Tony Stark

5. Crossing The Threshold

The hero makes the bold choice to embark on their quest and “cross the threshold into the unknown”. The quest can be physical, emotional, psychological or spiritual. The hero accepts the call to adventure, accepting the truth that the way things are must change. The hero is not without fear, but their courage is stronger and they are willing to face the trials that are ahead of them.

Ex: Neo takes the red pill; Alice goes down the rabbit hole

6. The Road Of Trials

The hero will encounter tests on their journey. Facing and passing these trials are the only way that the hero can grow, advance and transform. The road of trials can be long and seem never-ending, but this part of the journey is the most important (and the most challenging, because self doubt and defeatist attitudes are highly likely on this road).

Ex: Odysseus faces many tests as he tries to return home after the Trojan war; Moana faces many challenges on her way to deliver the heart of Te Fiti

7. The Approach To The Innermost Cave

The hero has made it through challenges, learned things about themselves, and has experienced many emotions on their journey. Now they get closer to facing their biggest challenge yet, and they start to prepare. Although the hero is feeling more confident than when they first embarked on their journey, they know their biggest challenge is ahead of them and this causes brief moments of self doubt and "crisis of confidence".

Ex: In Home Alone when Kevin is preparing to fend off the burglars; in Hunger Games when Katniss and the other contestants are preparing for the games themselves

8. The Ordeal

This is where the hero confronts their biggest fears, denials and self doubts. This is where the hero truly faces themselves. The Ordeal can be the most challenging part for the hero, because in order to move forward a part of them must "be killed" so that the true hero can emerge. Just like the refusal of the call, if the hero is to succeed in their journey they must overcome these temptations.

Ex: Beowulf fighting Grendel's mother; Moana facing Te Ka; Harry Potter's final battle with Voldemort; Mulan facing Shan Yu; Po taking on Tai Lung in Kung Fu Panda

9. Reward

The hero has confronted their biggest fears, has survived, and is thus transformed. They have overcome adversity and are rewarded with a greater sense of clarity, peace and power. They are reborn and are forever changed.

Ex: Neo realizes his power, stops the bullets from Agent Smith, and becomes The One; Maui receive a new hook from Te Fiti

10. The Road Back

Now it is time for the hero to make their journey back to where they started. This represents another threshold moment, because the hero now understands their opportunity to use their new knowledge, wisdom and power with greater responsibility. It will not satisfy the hero to fall back into old patterns and ways of being, so they must be able to rise above the environments they left to fully actualize who they've become.

Ex: Odysseus returns home; Nemo and his dad return to their reef

11. Resurrection

This is the hero's final challenge, where they face an adversary that threatens not just the hero's personal wellbeing, but that of something bigger than the hero (could be community or humanity itself). The hero now understands their responsibility to apply their new knowledge, wisdom and power to a cause greater than themselves. They choose to apply themselves to a mission or cause that will benefit the wider world and not just their own personal quest for growth.

Ex: Luke facing Darth Vader in Return Of The Jedi; Frodo's moment of hesitation tossing the ring into Mordor; Tony Stark's crossroads moment in Avengers: Endgame

12. Return With The Elixir

Finally, after a long journey, the hero returns home. They are transformed. The trials and hardships they faced caused the hero to change. They have a new level of self-awareness, self-confidence, and self-esteem. They know that things will not be the same again, and they embrace that truth because they understand that their hero's journey was a journey of self actualization, where their old world is left behind and new possibilities lay ahead.

Ex: Moana returns to her home island; Dorothy returns to her home in Kansas; Spider-Man resumes his normal life as Peter Parker (now with new powers and responsibilities)

The Hero's Journey is YOUR JOURNEY As Well...

IF YOU EMBRACE IT!

The only thing that separates the "Heros" in the stories above from you and your life, are CHOICES.

That's it. Only CHOICES.

The most important choice is the one you make when you hear your call to adventure.

The choice to Answer the call or Ignore the call is the decision that sends you down either the path of fear or the path of possibility.

One is not better than the other, they simply lead to different outcomes.

Many people refuse to answer their call for a number of reasons:

- it's challenging; it's not the right time; it's unknown (ie excuses)
- procrastinating and using delay tactics
- justifying staying comfortable
- distracting yourself with less important things
- putting important things aside to focus on unimportant things

YOUR TURN!

The questions on the following pages will help you navigate your own personal Hero's Journey.

Your life may not unfold in exactly the same way as the steps above. But that's alright, because you most likely have (or will) face/experience each of those steps at some point in your life.

The greater purpose of the Hero's Journey is to view yourself as the Hero of your own story, for you to take the steps to expand your comfort zone, to learn, to grow and to get closer to living your greatest life.

My advice is to take the time to go through each of the questions on the next page, reflect on them and write down your answers. Print out this PDF if you need to.

If you don't feel a question applies to where you are in life right now, then think about a past experience that you can draw wisdom and insight from.

Approach the questions with an open mind and an honest heart, and see how your answers will help you progress forward in your Hero's Journey.

What stage of the Hero's Journey do you feel you can relate to most strongly right now?

What do you feel is keeping you from progressing to the next stage?

#YOUCANHAVEITALL

What are you currently feeling called to do, what is your Call To Adventure?

What fears, hesitations or objections do you have to your Call To Adventure?

**What obstacles or challenges are you facing on your
Road Of Trials?**

**What triumphs have you had on your Road Of Trials?
What setbacks have you experienced?**

#YOUCANHAVEITALL

What is your Innermost Cave? Describe the big challenge or obstacle that you are preparing to face?

What part of you must "die off" in order for you to succeed in your Ordeal? (think of this as the fear, doubt or limiting beliefs that need to go away in order for you to grow, heal and move forward)

What are the qualities of the Hero that you wish to become? List as many as you can, then describe what your life looks and feels like when you're living these qualities.

What is a bold step you could take TODAY that will move you forward in your Hero's Journey?

Are you willing to take that step now? What is the COST of not taking that step (think worse case scenario)? What is the PAYOFF if you do take the step (think best case scenario)?

What help do you feel you need in order to more successfully navigate your Hero's Journey? (it could be coaching, accountability, tools, confidence, mentorship, etc.)

RESULTS TAKE ACTION! WHAT
ARE YOU WILLING TO COMMIT
TO IN ORDER TO CREATE YOUR
ABUNDANT LOVING LIFE?



YOUR COMMITMENT TO YOURSELF

Write down the personal commitment you
will make as it relates to boldly embarking on
your Hero's Journey

#YOUCANHAVEITALL