

The Hero's Journey Diagram



Humble Beginnings
Once Upon a Time in a Galaxy Far Far away.....

Call to Adventure
Something is different, I no longer fit in...I want more

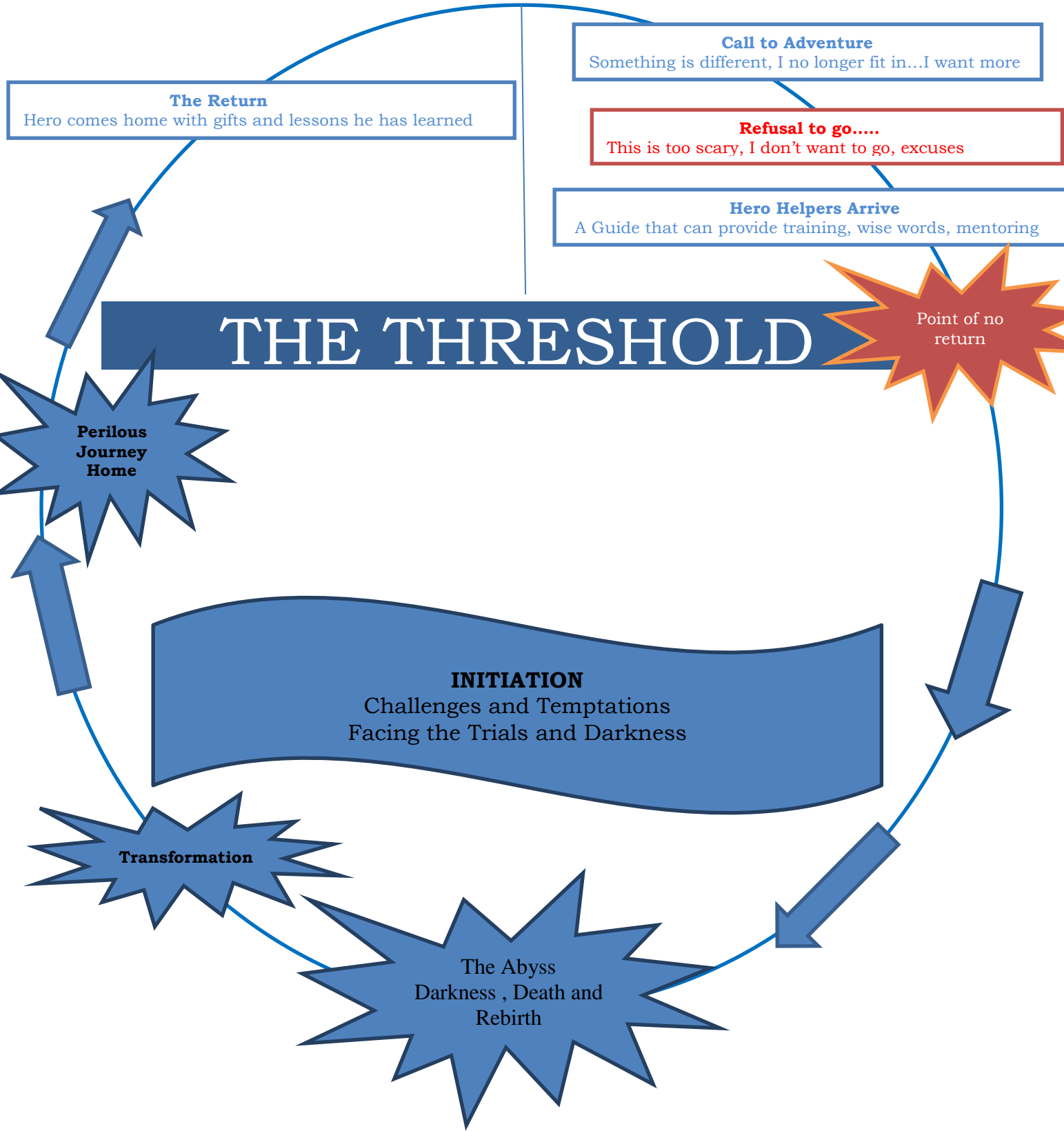
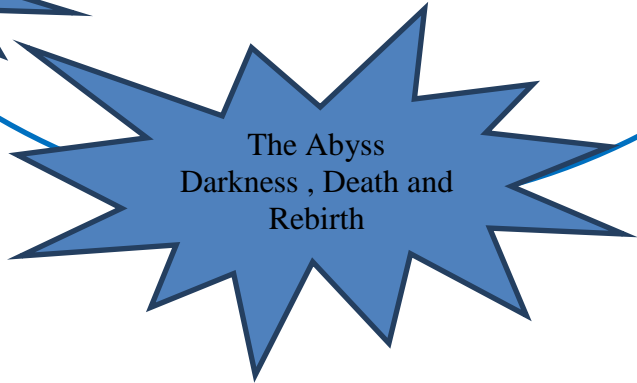
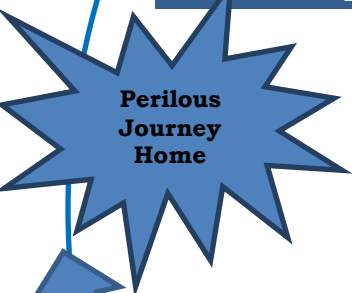
Refusal to go.....
This is too scary, I don't want to go, excuses

Hero Helpers Arrive
A Guide that can provide training, wise words, mentoring

THE THRESHOLD



INITIATION
Challenges and Temptations
Facing the Trials and Darkness



The Hero's Journey

Every single one of us has a story. We are living it right now and every day is an addition to the pages of our life.

The Hero's Journey is one of the oldest stories that Humans tell and its connection to our own lives is what makes it so popular today.



POINT
—OF—
LIGHT

In 3 simple steps:-

Departure - the hero's adventure prior to the quest and heading off

Initiation - the hero's many adventures along the way

Return - the hero's return home with knowledge and powers acquired on the journey.

The idea behind the Hero's Journey is that like every fairy story, Disney and Star Wars Film there is a formula that follows the 3 basic steps above.

I have simplified Joseph Campbell's 17 stages into the free information in this download.

Humble Beginnings

Once upon a time our hero or heroine was living a normal life when...in a Galaxy, Castle, Village Far Far Away....

Call to Adventure

Something unusual happens. The Hero may begin to feel different, like they no longer fit in. They may start to think, "There is something more for me in this life, something beyond this.."

Jack buys the magic beans

Luke goes to find Obi Wan

Simba goes to the elephant Graveyard,

In some way we are called to enter an unknown world of strange powers and Event's. There may be a chain of events that will separate the Hero from home and family. Sometimes we are called to adventure without choice.

Refusal to go...

There is an opportunity to go and prove themselves. This can be a scary time. Thoughts might be.

"I don't want to go" The Hero will have excuses and reasons not to change, "it's the wrong time" "it will cost too much" "I'm scared to go" "I can't do it"

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Hero Helpers Arrive

At the point of indecision a helper appears and provides training, wise words or the mentoring that the Hero needs. Sometimes a magical gift is bestowed upon the Hero.

In Fairy Tales the Fairy Godmother appears, Pinocchio had Jiminy Cricket, Luke had Obi Wan, a light saber and later Yoda.

With this support the Hero will now cross The Threshold and the Point of no Return.

It is not unusual for the Hero Helper to remain in some form throughout the full journey until the Hero safely returns. Aladdin sets the Genie free at the end of his journey.

The Threshold and the Point of No Return - It takes a lot for the Hero to step into the unknown. Obstacles will continue to push him towards this point until the Hero decides to go for it. Then there is no turning back.

Initiation - In this simplified version of the Hero's Journey we see our Hero face many Challenges and Temptations. This will be one of the Darkest times when our Hero faces Trials and will find himself on the verge of giving up. Yet with the support of the Hero Helpers he keeps going. Facing his greatest fears. There will be pain, loss and revelation as the Hero emerges from the Abyss. The lowest point of the journey.

Transformation - Hero sometimes gets into a final battle and achieves decisive victory. Overcoming the bad guy or evil. They will have learnt new skills and this time is when they attempt to integrate the new and let go of the old. It is never easy. Sometimes, the very thing they have been afraid of or fought becomes their greatest gift or friend.

Perilous Journey Home - And it's not over yet. As the Hero's transformation continues they must now head for home. This can be just as perilous as the path already taken. The Hero may not want to go. Simba did not want to go back to Pride Rock and take his rightful place as King.

If the hero does decide to return, he or she often faces challenges on the return journey. (Aladdin loses the lamp to Jafar)

The Return - If the Hero does decide to return and does so successfully there will be a gift that comes with him that he can use to improve the world.. This may be a gift that benefits others, frees the village, heals the sick. Creates Freedom in some way. The hero has finally achieved the wealth or riches he had sought and is wiser having faced the darkness and taken the journey.



Hero's Journey Storyboard – What's your Story?

Illuminating Potential

Humble Beginnings	
Call to Adventure	
Refusal to go	
Hero helpers Arrive	
Point of no Return	
Initiation	
The Abyss	
Transformation	
Perilous Journey Home	
The Return	



