

# Hero's Journey Worksheet

## *Basic Construct of the Hero's Journey*



### *Notes:*

- Three main stages: 1) Departure, 2) Ordeal, and 3) Return.
  - The call to adventure leads the hero to depart the familiar.
  - The crossing of the threshold into the unknown leads to an ordeal, an encounter with a dangerous foe (often represented as a dragon).
  - The return allows the hero to share the reward or gift received with the world.

For a more academic review of the Hero's Journey concept, please visit the Joseph Campbell Foundation's website: <https://www.jcf.org/>.

## *Personal Reflection Questions*

1. What's the call to adventure in my life?
2. Who are the people presenting themselves in my life as "aids" who can support my journey? These people are often thought of as guides, allies, and even tricksters.
3. What's my ordeal to face? What's my dragon? What is the person, process, or experience that represents maximum challenge or struggle?
4. What gift or reward has come or can come from completing the ordeal?
5. How can I the gift or reward I've acquired or will acquire with important people around me?