

The Hero's Journey

1. The Ordinary World
2. Call To Adventure
3. Refusal of the Call
4. Meeting The Mentor
5. Crossing the First Threshold
6. Tests, Allies, Enemies
7. Approach to the Inmost Cave
8. The Supreme Ordeal
9. Reward (Seizing the Sword)
10. The Road Back
11. Resurrection
12. Return, with Elixir



Activity A:

Begin by picking a particular 'adventure' you've had in real life. This might be an accident, an illness, an on-going struggle with a physical or mental issue. It might be the adventure of leaving home and going to live, work or study in a different city or country. It may be something you've made or created; art or craft, music, a garden, cakes! It might be a personal relationship or your professional role that you could look at now as a hero's journey.

Please describe your everyday world first, ordinary life before this particular story began; what did you love (or loathe) about it?

Then, recall how you knew that world was about to change. Was there a warning, or an announcement; was it expected or a sudden shock? In stories, the message may be delivered by a white rabbit or a magical letter: but how did you realise the 'adventure' was about to begin? A phone call or email? A doctor's diagnosis, job offer or family crisis? Describe where, when and how you got the message. What were your first reactions? Please write about how you felt when you realised that the 'adventure' had started. Were you ready for the change, or reluctant to make the move? Did you feel too scared or otherwise unprepared to take that new step?



Activity B

Was there a 'mentor', not necessarily a wise old man or a fairy godmother, who helped you set out on the hero's journey? What special gifts or spells did they give you, to assist you across the 'threshold' and on towards the challenge and struggle at the heart of your story?

Can you remember any sights, sounds and smells, the detailed sensations of stepping through that doorway and approaching 'the inmost cave'?

Try to describe what happened when you came to the 'supreme ordeal'. (This will probably be the hardest part of the writing tasks: please respond to this prompt only in a way which feels manageable to you, and ask for help if needed.)



Activity C:

Finally, please consider how you escaped or survived that difficult time. What did you save, or learn, or take away from the 'darkest hour'? It may not have been glistening jewels; you may not have slain the dragon; and as we know from fairy tales and films the worst moment can sometimes come close to the end when the biggest battle has still to be fought.

But the hero or heroine always gets home eventually, with something they needed, though perhaps not what they sought. What would you say is the sword or the spell you could pass on to another new hero at the start of their journey?