



Worksheet Topic:

A Hero's Journey - A contemplation of where you are in yours

Introduction:

Since its introduction in 1949 by Joseph Campbell, The Hero's Journey has been debated, reviewed & revised many times. Also known as a monomyth, it is a narrative found in classic literature, pop culture, and even religious texts. The hero's journey revolves around a "hero" who is called upon to go on an adventure. Along the journey the hero overcomes many obstacles and has to face down his/her inner fears, doubts, personal crisis etc. Upon completion of the journey, the hero returns home transformed.

Exercise:

Imagine yourself as a HERO in your own epic journey. Put yourself & your goals in the context of this journey and then take a few minutes to reflect where you are in that journey.

You may use this exercise to reflect upon a journey in the past or to contemplate any challenges facing you in the present moment.

Please try to answer as many questions as possible. The hero's journey framework can help you view your situation objectively, from a distance. It is a thought exercise to help you reach a deeper understanding of your life and the challenges you face. If you would like to share your responses, I would love to hear back from you.



What are/were some of the defining moments in your journey?

Would you define these moments as successes, failures, or a mix of both? Why?



Who can you call a mentor in your journey? How did they contribute to your journey?

Who was an ally? How did they support you?

Who would you call an adversary? How did they challenge you? In retrospect did this person help you or hinder you?



What are some lessons that you learnt from your mentors, allies or adversaries?

What insights does this activity offer you? Did you learn something new about yourself or your journey today?

Thank you for taking the time for reflection. If you would like to share your responses, please email me or reach me on [LinkedIn](#) or [Instagram](#).