

# WORKING THE HERO'S JOURNEY: WRITE YOUR OWN STORY

STATUS QUO: WHAT IS YOUR AVERAGE EXISTENCE?

1. CALL TO ADVENTURE: WHAT SIGNALED THAT THINGS WERE ABOUT TO CHANGE?
2. ASSISTANCE: WHO HELPED YOU ENTER INTO THIS NEW REALM?
3. DEPARTURE: WHEN DID YOU REALIZE THAT YOU WEREN'T IN KANSAS ANYMORE?
4. TRIALS: WHAT CHALLENGES DID YOU FACE IN YOUR NEW WORLDS?
5. APPROACH: WHAT LEAD UP TO YOUR GREATEST CHALLENGE?
6. CRISIS: WHAT WAS THE MOST INTENSE EXPERIENCE IN THE EXTRAORDINARY VERSION OF THE WORLD?
7. TREASURE: WHAT DID YOU GAIN FROM FACING THE CRISIS? IT COULD BE INSIGHT OR AN ALLY. IT DOESN'T HAVE TO BE GOLD AND JEWELS.
8. RESULT: HOW ARE YOU CHANGED FROM THE TRIALS, APPROACH, AND CRISIS?
9. RETURN: WHEN DID YOU MAKE YOUR WAY BACK TO THE NORMAL WORLD?
10. NEW LIFE: WHAT DOES YOUR LIFE LOOK LIKE AS A CHANGED PERSON?
11. RESOLUTION: WHAT RECONCILIATION HAPPENS TO RETURN YOU TO THE STATUS QUO?
12. STATUS QUO: NOW WE ARE BACK TO WHERE WE STARTED, DIFFERENT, BUT THE SITUATION IS SIMILAR.