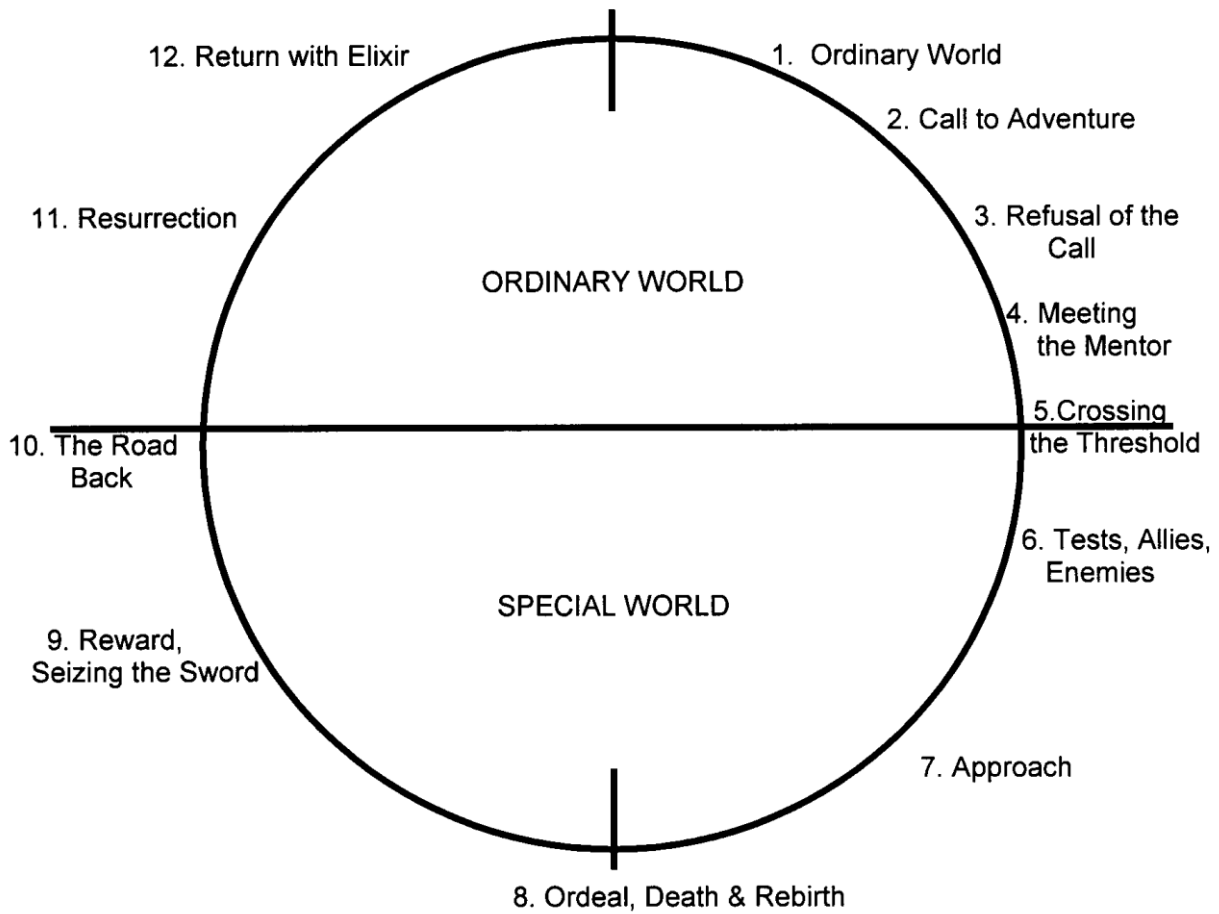
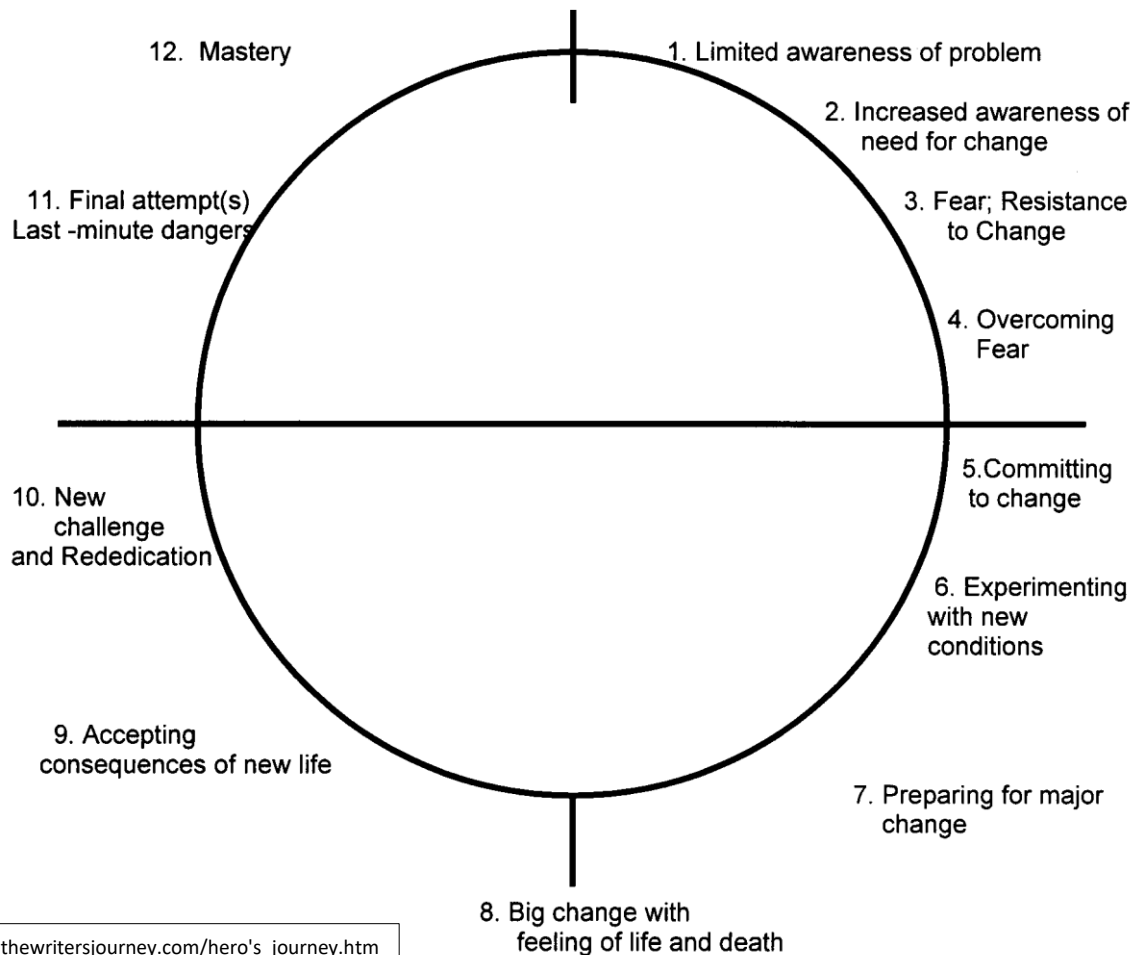


THE HERO'S JOURNEY



THE HERO'S INNER JOURNEY



THE HERO'S JOURNEY

1. Who is your favourite childhood hero? It can be a character from a film / story / book that particularly resonates with you.
2. What is the essence of this character? What is it about them that you admire?
3. Draw this characteristic in the box below. It can be anything...



4. Now consider the stages of the hero's journey. Where do you see yourself in regards to any challenges or tasks in your life at the moment?
5. What is the essence of the stage that you are facing at the moment?
6. What skills, talents and abilities are necessary for a successful outcome for you?
7. What skills, talents and abilities can you draw upon from the chosen hero?
8. Become your hero now and work in pairs. Your task is to speak, think, feel, behave in the way that your chosen character would when facing the issue / challenge you face. The other person is simply listening with curiosity. Once you acted as your character, you ask your partner to act the way you did. You become mutual mirrors for each.
9. After you witness yourself through 'the human mirror' you act as a listener for your partner.
10. Record any insight, reflections or AHA moments in the box below.

