

Your Hero Story - Worksheet

Step 1. If your life were a book, what would the chapter headings be? Use these to identify the key turning points and phases of your life.

Step 2. Apply these key elements of the hero story to your own life.

1. The Call to Adventure. The hero often lives a quintessentially mundane life. If your life were a movie, what are the opening scenes that describe your mundane life. Help us connect with the character. List 3-5 scenes of you doing something that gives us insight into your character and environment.

But the hero longs for something more. Something happens that calls for the adventure. What do you feel called to do?

2. The Mentor. There is usually someone who helps the hero. Who have been the key influencers of your life? Who has been there for you at critical moments? What have they taught you?

3. The Trials. The hero must face many tests and trials, each one offers a lesson and helps the hero overcome fear. What are your core fears? (Usually these are not physical. They may be fear of failure, fear of letting your parents down, fear of loneliness, fear of ridicule.)

What challenges have you faced in life and what did you learn from them about overcoming fear?

4. Your Dragon: What is your biggest fear? What trials have helped you overcome it? Or how is this fear still shaping your life?

5. The Temptations. There are usually some temptations trying to pull the hero away from the path. These test the hero's resolve and ability to move past their attachments and live for something greater than themselves. Some of these might seem obvious: vices or distractions that take up precious time and allow for easy escapism. But look deeper as well. What are your core temptations?

6. The Ultimate Temptation: Many people are tempted to take a safe route toward financial security. Others might seek fame, but only for fame's sake. Or some might be tempted to just make their parents proud, thereby failing to live from their own true center. What is your bliss? What do you desire beyond all the desires that have been decided for you by society? In Jim Carrey's words, "What is your ministry?"

7. Ultimate Boon. If the hero can move past fear and attachment they are granted a revelation and transform into a new being that can complete the adventure. You may not feel like you are here yet, but if not, try to write the ending of the story like you think it must end. Look carefully at the trials and temptations you face and think about how you might overcome them. How does or should your story end?

Step Three: This is the most important step. Accept yourself wherever you are. You do not have to be a hero in the traditional sense of the word. The goal of this assignment is to see yourself as a hero no matter where you are. Maybe you are grinding away in the trials of life, or maybe you just feel lost like you have not even heard the call to adventure. The goal is for you to be able to see yourself with compassion in the same way that you might see a hero in the midst of a book or movie that is not over yet.