

# THE HERO'S JOURNEY



The Hero's Journey is a pattern that appears in adventure stories from around the world. In spite of its ancient beginnings, the Hero's Journey is still in use today – in novels, movies, video games, etc. Studying the Hero's Journey helps us understand the way in which stories are told and see their underlying meaning.

The Hero's Journey has also been called a philosophy that can help us along the "journey of life." Since stories are metaphors for reality, how can the stages of the Hero's Journey help us in our real-life challenges?



STAGES	DESCRIPTION	LIFE LESSON "YOUR JOURNEY"
1. The Ordinary World		
2. The Call to Adventure		
3. Refusal of the Call		
4. Meeting with the Mentor		
5. Crossing the Threshold, Entering the Unknown		

<b>6. Tests, Allies, and Enemies</b>		
<b>7. Approaching the Inmost Cave</b>		
<b>8. The Supreme Ordeal</b>		
<b>9. Reward (Seizing the Sword)</b>		
<b>10. The Road Back</b>		
<b>11. Resurrection</b>		
<b>12. Restoring the World</b>		