JOSEPH CAMPBELL’S MONOMYTH
STAGES OF THE HERO’S JOURNEY
1. THE ORDINARY WORLD

- The hero lives in a non-adventurous world.
- This ordinary world is boring to the hero, who often dreams of adventure.

- Your Journey: We are the heroes of our own journeys. Often we feel like the lives we live are not very exciting. We dream of other places that we think would give us more fulfillment.
1. THE ORDINARY WORLD
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2. THE CALL TO ADVENTURE

- An event or character comes along that presents the hero with a quest

- Your Journey: Life will present you with opportunities for adventure. Sometimes life forces you down a path that you do not want to take, but you must face it all the same.
2. THE CALL TO ADVENTURE
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3. REFUSAL OF THE CALL

- Sometimes the hero is reluctant to go on the quest.
- The hero cites his or her own weakness or fear as a reason to avoid the quest.
- In some stories another event must happen to force the hero on the path to adventure.

- **Your Journey:** Refusing the adventures that life presents us with can leave us feeling dissatisfied. We must be willing to face our fears in order to make the world a better place.
3. REFUSAL OF THE CALL
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4. MEETING WITH THE MENTOR

- A wiser and often older character presents the hero with important wisdom.
- The mentor also gives the hero the tools that he or she will need to succeed on the quest.
- TALISMAN: A special item or ability that the HERO has.

- YOUR JOURNEY: Receiving wisdom, training, and support from mentors will help you succeed in life.
4. MEETING WITH THE MENTOR
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5. CROSSING THE THRESHOLD, ENTERING THE UNKNOWN

- The hero usually faces a minor obstacle right as the adventure begins. This obstacle encourages the hero to turn back.
- This obstacle is called THE THRESHOLD GUARDIAN.
- Defeating the THRESHOLD GUARDIAN makes the hero stronger and more dedicated to the quest.

**YOUR JOURNEY:** Whenever you try something new, there are always fears that you will fail. In order to proceed on your journey, you must overcome these initial fears.
5. CROSSING THE THRESHOLD, ENTERING THE UNKNOWN
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6. TESTS, ALLIES, ENEMIES

- The hero faces a variety of tests that increase the hero’s strength and prepare the hero for the SUPREME ORDEAL.

- The hero faces ENEMIES that try to stop the quest but is assisted by ALLIES, who fight alongside him or her.

- YOUR JOURNEY: Life will always present us with tests and challenges. Overcoming these make us stronger people. Relying on the help of others also helps us in these trying times.
6. TESTS, ALLIES, ENEMIES
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The hero finally reaches the most dangerous part of the journey.

THE INMOOST CAVE is where the hero faces THE SHADOW, the main antagonist.

While the hero must face his greatest fears in the INMOOST CAVE, this is also where the hero will prove his or her worth.

YOUR JOURNEY: Often we shy away from difficult challenges in life, but these challenges are what could make us the best that we can be. Joseph Campbell said, “The cave you fear to enter holds the treasure you seek.”
7. APPROACHING THE INMOST CAVE
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8. THE SUPREME ORDEAL

- The HERO battles and defeats THE SHADOW.
- At some point during this battle, it may seem that the HERO has lost or even died.
- But in the end the HERO is victorious.

- YOUR JOURNEY: Defeating the Shadow in your own life might be struggling against an external force, but it also might be conquering your own weaknesses.
8. THE SUPREME ORDEAL
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The HERO receives a reward for defeating the SHADOW.

It is usually something that will help the HERO make his world a better place.

YOUR JOURNEY: There is almost always a reward for facing the toughest battles in life. Sometimes the battles we fight are for the good of others. Our struggles can make the world a better place.
9. REWARD (SEIZING THE SWORD)
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Although the SHADOW is defeated, the HERO must return home.

Sometimes the road home presents the HERO with minor challenges. But the HERO is stronger now and overcomes these challenges easily.

Sometimes it simply gives the HERO time to reflect on the Journey.

Your Journey: Our lives do not end once we have faced our biggest struggles. Yet our struggles have made us stronger, and we can handle new obstacles with a new confidence.
10. THE ROAD BACK
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11. RESURRECTION

- By the time the HERO returns home, he or she has become stronger than ever before.
- The HERO is not the same person that left home before.
- The HERO returns with the power to make the world a better place.

- YOUR JOURNEY: Once we have faced our own struggles, we become stronger and wiser. We are also able to be mentors to others, who are just beginning their journeys.
11. RESURRECTION
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The HERO’s journey has solved the problem, the world has become a better place.

YOUR JOURNEY: How can your actions make the world a better place? What is a problem that you could set out to solve? We all have the capability to be heroes. What is holding us back? When you hear the CALL TO ADVENTURE, take it.
12. RESTORING THE WORLD
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