The Hero’s Journey
Worksheet

1. “The Hero’s Journey” is a narrative template created by a scholar named Joseph Campbell. While studying myths and comparing them to each other, Campbell recognized a pattern. Campbell wrote a book called *The Hero with a Thousand Faces* that discusses his theory about the journey a hero takes in most mythologies around the world.

2. This model is an example of a hero’s journey and shows the path a hero takes on a typical adventure. As you can see, the model forms a ring that can be dissected into 8 parts. Each part of the model represents a different stage of the hero’s journey. Some pieces represent multiple stages of the hero’s journey. While some story narratives involve characters moving forward in a straight line, the hero’s journey returns to its starting point by the end. Which stage of the hero’s journey are you most interested in? Why?

3. Let's take a look at each stage in more detail. **Ordinary World:** This stage is where we meet the hero. We learn about where he or she lives, what kind of personality he or she has, and what his or her life is like on an average day.

4. **Call to Adventure:** In this stage, something upsets the normal life of the hero. This event could be something that happens externally or internally. No matter the cause, the hero must face the change. **Refusal of the Call:** In many myths, the hero will at first try to refuse the call to adventure. The hero may be afraid of the unknown and feel uncertain about what the future holds. Ultimately, the need to face the call overpowers the hero’s uncertainty and fear. **Meeting the Mentor:** The mentor often plays a role in giving the hero the courage and guidance to go on his or her journey. This guidance could be some kind of training or a gift to help the hero succeed. What is an example of an event that could be a call to adventure? What is an example of a story with a mentor character? In that story, what kind of help did the mentor give to the hero?
5. **Crossing the Threshold:** Armed with the guidance of the mentor, the hero has gained the courage to begin his or her journey. In this model, the threshold is depicted as a fancy crystal archway, but in many myths, crossing the threshold is an internal change that occurs when the hero commits to leaving the ordinary world and entering the world of the unknown. What is an example of a “crossing the threshold” event?

6. **Tests, Allies, and Enemies:** This is the stage where lots of events happen. The hero meets new characters, some of which can be allies, such as a rival or a love interest, and some of which are enemies. The hero also undergoes tests or trials. Examples of trials include finding a way to escape traps, determining the best way to scale a mountain, and outsmarting a troll under a bridge. Think of your favorite story. Can you list some allies, enemies, and tests from that story?

7. **Abyss:** In many stories, as the hero undergoes these tests, he or she will often fail. When the hero reaches his or her lowest point, this is known as the abyss stage of his or her journey. The hero may think about giving up and turning back and need the help and support of allies to return to his or her adventure. What is an example of an abyss moment?

8. **Climax:** The climax marks the stage of the hero’s journey where he or she is ready to face the final challenge. Often, this is a life-or-death situation. On this model, a tall volcanic mountain represents this challenge. This is because it can be as difficult to reach this stage as it can be to try to return to normalcy. After the climactic event, the hero may face a few more tests, such as making an escape with treasure. What is an example of a climactic situation?
9. **Transformation:** A major stage of the hero’s journey is the transformation. In this model, the transformation is represented by a cave that leads from underneath the climax back up onto the top of the ring. This emphasizes that the hero has changed in some way during the journey because of all the tests he or she has gone through. This change could be external or internal. What are examples of external and internal transformations?

10. **Return Home:** In this last stage, the hero returns home. Because of what he or she has learned and gained during the adventure, the hero who returns is a new person. The hero is then able to transform the world the same way he or she was transformed.

11. Summarize what you learned about the hero’s journey in 3-4 sentences.