



Hey Shoo WOW

Hero's Journey



Lauren
Kinghorn

What is the Hero's Journey?

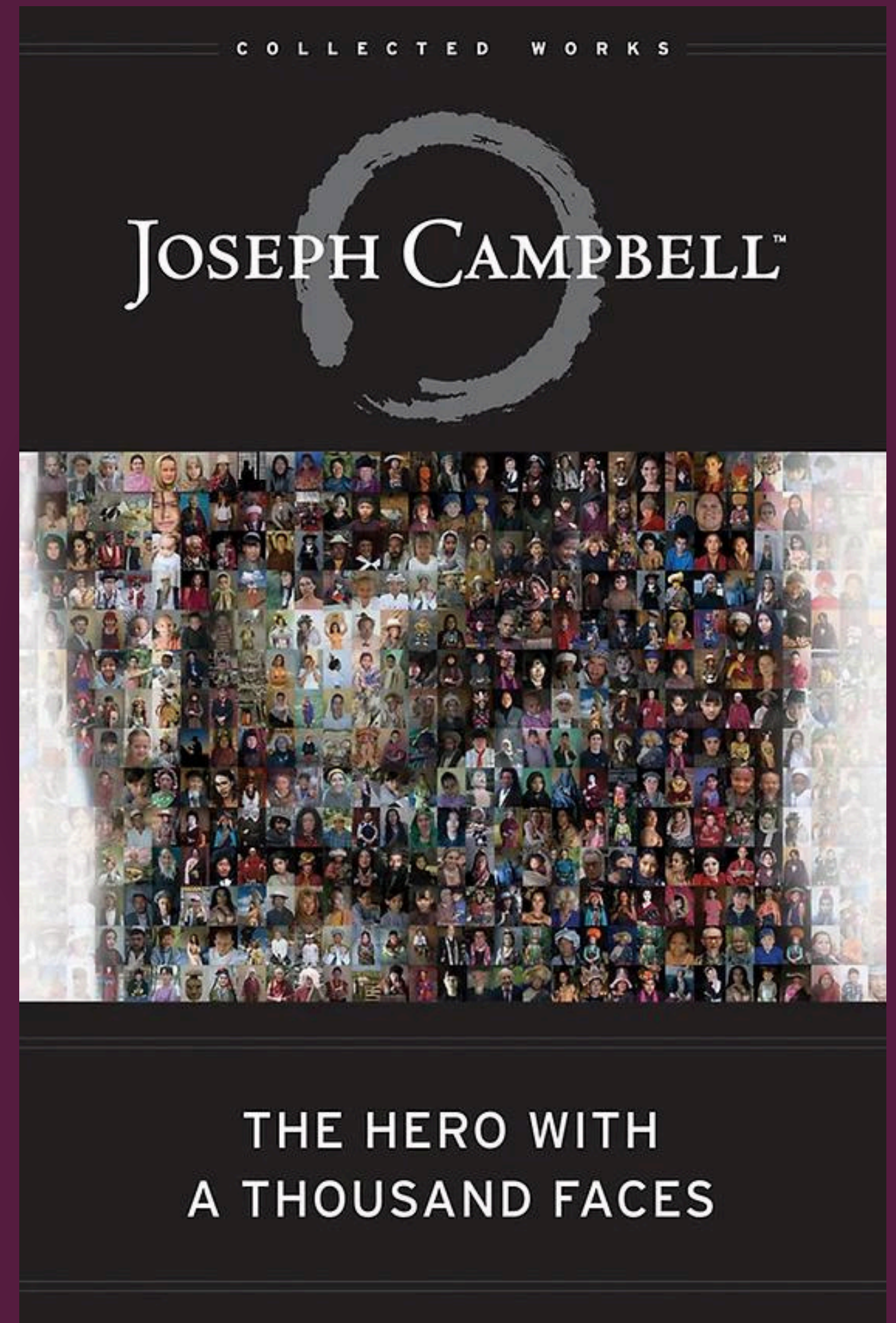


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Joseph Campbell

The Hero With A Thousand Faces



How does the Hero's Journey Relate to YOU?



YOU
are the
HERO or SHERO
of Your Story



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PERSONAL

Coming of Age
Midlife Crisis
Self-Acceptance
Travel
Spiritual



CAREER

Leadership
Resign or Retire
Pursue a Passion
Burnout
Leave a Legacy



HEALTH

Stress
Exhaustion
Breakdown
Recovery
Aging



RELATIONSHIPS

Childhood
Spouse
Parenting
Divorce
Loss

Hey Shoo WOW

Hero's Journey

12 Stages – 3 Phases



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Hey = Awakening

01



Ordinary
Life

02



Call to
Adventure

03



Refusing
the Call

04



Meeting
the Guide



Shoo = Adventure

05



**Crossing the
Threshold**

06



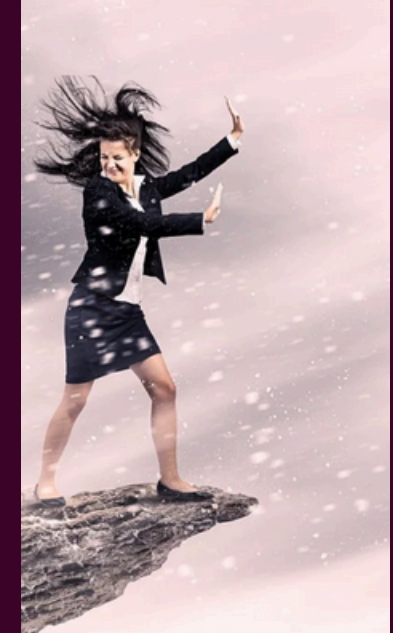
**Road of
Trials**

07



**Innermost
Cave**

08

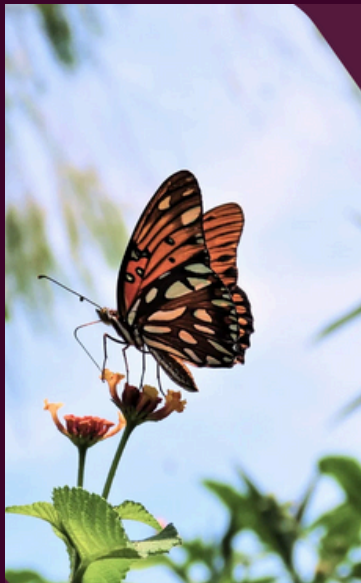


The Ordeal



WOW = Actualize

09



**Transform
& Reward**

10



**The Road
Back**

11



Rebirth

12



**Return with
the Elixir**

Where Are YOU on YOUR Hero's Journey?



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Stage 1

Ordinary Life



**What were YOUR
first stirrings of
dissatisfaction?**





Stage 2

The Call to

Adventure



**What are
or were
YOU feeling
CALLED to do?**



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Stage 3 Refusal of The Call



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**What fears or
resistance
came up
for YOU?**



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Stage 4

The Guide

Meeting the Mentor



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**Who have been
YOUR Guides?**



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Stage 5 Crossing the Threshold



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**What decision point
have YOU reached?
Are YOU
deciding NOW?**



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Stage 6

The Road

of Trials

Tests, Allies, Enemies



**What obstacles
or challenges
have YOU faced
or are YOU facing?**



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Stage 7

The Approach to the Innermost Cave



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**What is the
one big challenge
YOU still
have to face?**

Stage 8

The Ordeal

The Ultimate Test



**What is the "death"
YOU will face?**



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Stage 9

The Transformation and Reward



**What does
transformation
look like for YOU?
What makes
it all worth it?**

Stage 10

The Road Back



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What does returning home mean to YOU?



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Stage 11

Rebirth or

Resurrection

**What final ordeal
may YOU
need to face
before your rebirth?**

Stage 12

Return

with the Elixir



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**What is the elixir
YOU are bringing back
from YOUR journey?**



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**How will YOU
pay forward
what you learned?**



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**So, where are
YOU on YOUR
Hero's Journey?**



**What's the
next step
for YOU?**



**Would YOU
like the
help of a guide?**





Thank YOU



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Kinghorn