

Act 1

Hero's Journey Worksheet

Ordinary World: Describe what your main character's everyday life looks like. Setting, occupation, routine, relationships, etc.

Call to Adventure: What happens that shakes up your character's day to day life? It may be a good or bad thing, but something they can't ignore.

Refusal of the Call: Why might your character refuse the call to adventure?

Meet the Mentor: Who comes into your character's life to offer advice? How do they meet? What is their relationship in the ordinary world? May offer good or bad advice.

Act 2

Crossing the threshold from the ordinary world to a new reality (special world): Compare contrast between ordinary and special worlds.

Tests, Allies, Enemies: Who are your character's friend and foes? What new skills must he or she learn to survive? What obstacles will arise to test him/her?

Approach: What is the plan your character and friends have to achieve the end goal? How do they prepare / regroup / reorganize?

The Ordeal: Describe how your main character will face his or her greatest fear. What in his/her life has to "die" in order for success?

Reward: Because your main character faced a greatest fear THIS happens...

Act 3

Road Back: Your character faced a great fear, it may have been an interruption, but time to refocus. How does your character rally the troops, or psych himself up to meet that goal. There needs to be a great sense of urgency.

Resurrection: What is the final conflict your character must survive to win? What must he or she sacrifice to reach the objective/goal?

Return with the Elixir: What wisdom, skills, etc does your main character gain from this adventure that can be shared with others to make their lives better?

Additional Notes about your story: