



## **So, You Want To Forget The Past And Just Move On? There's A Better Way**

### **How To Use The Hero's Journey To Forge Your Path Forward**

When we're faced with difficult challenges and life as we know it takes an unexpected turn, it can be comforting to know that we are not alone. And when we recognize that others have gone before us, and they've figured out a way through the disarray of their own challenge... well, we're offered hope and we're inspired to take action for ourselves.

It doesn't feel that long ago that I had some "crazy years", (as I referred to them) when my marriage ended. It was daunting and terribly unsettling when, what felt like out of the blue, I was faced with an unknown future.

After I had learned about the hero's journey, and how prevalent it was throughout history, I began to have hope that maybe something good could come out of all this struggle I was going through. Digging more deeply into the hero's journey gave me some insight into my own healing journey, giving me the confidence to move forward and create my next chapter in life.

What if YOU could be a hero?

I know that some days our most heroic action is to get out of bed in the morning. And yet, my hope is that by understanding this 12-step path that recurs in mythology and has guided many cultures throughout human history, long before your own challenges, you will feel more equipped to live your best life.

Here's to rediscovering the hero inside!



## The Hero's Journey

I'd like to share some background information about The Hero's Journey.

Perhaps you can find yourself in this story.

*The Hero's Journey is a pattern of narrative storytelling identified by American scholar, Joseph Campbell . You'll often see the hero's journey in drama, storytelling, myth, religious ritual, and even in many Disney movies. The next time you read fiction, see if you can identify the hero's journey in the plot line.*

*The hero's journey describes the typical adventure of "The Hero" who goes out and accomplishes great deeds, or gains new knowledge on behalf of her tribe.*

*Our hero ventures forth from the world of common day (the known) and into a region of supernatural wonder (the unknown). She encounters great challenges, yet she rises above.*

*Victory is won. The hero comes back from this mysterious adventure with a power or new knowledge and she shares it with her tribe.*

Understanding our OWN Hero's Journey, is the first step in rediscovering ourselves after a life transition.



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## The 12 Steps of The Hero's Journey

**I. Separation from the Ordinary World** In the first stage of the story, the hero leaves her ordinary life in order to go on a journey or gain some sort of experience.

- **1. Ordinary World:** When the story begins, the hero is immature or inexperienced, simply going about her daily business.
- **2. Call to Adventure:** Somehow the hero receives a call to action or adventure—she is called to take up a quest or accomplish a task.
- **3. Refusal of the Call:** The hero is more interested in self-preservation, and initially refuses to go on the journey.
- **4. Meeting the Mentor:** The hero receives counsel from a mentor who encourages the hero to be willing to live for a higher cause—and to accept the call to action.

**II. Descent into the Special World** In this stage, the hero is confronted with tests and battles that try her courage and perseverance.

- **5. Crossing the Threshold:** The hero makes the decision to attempt the journey. She is changing her values and growing in virtue.
- **6. Tests, Allies, and Enemies:** On the journey, the hero faces trials, and she meets friends and enemies.
- **7. Approach to the Inmost Cave:** The hero approaches an isolated place where danger is most intense. At this point, the hero must be willing to suffer great loss—even death—for a cause that is greater than herself.
- **8. The Ordeal:** In this dangerous place, the hero is confronted with her greatest fear.
- **9. Reward:** The hero survives the ordeal and gains some sort of reward. At this point, the story shows that self-sacrificing virtue will be rewarded.



**III. Return to the Ordinary World** In this stage, the hero returns to a normal existence once again, having gained something positive from his experience.

- **10. Road Back:** The hero plans to complete the journey home.
  - **11. Resurrection:** The hero faces a final life-and-death ordeal, and amazingly survives. This is often a miraculous escape from death. Once again, the hero demonstrates self-sacrifice for a higher cause, and is rewarded for that courage.
  - **12. Return with Elixir:** Having been transformed into someone who is virtuous, courageous, and self-sacrificing, the hero returns to the ordinary world with something that brings benefit to her community. It may be an object, or it may simply be the example of her life.
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**In creating your life after a life transition, like divorce,  
it's helpful to understand:**

- What you were tested with
- What you learned from it
- What personal traits and characteristics brought you through the test
- How your life is better because of what you learned
- What you will do to assure the permanence of your new knowledge



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## Discover Your Hero's Journey

### *Part 1. The Common ordinary world (the known)*

**1. Ordinary World:** Where does your story begin? What were you doing or experiencing before you were called to make a change?

**2. Call to Adventure:** What action were you called to take? (move to a new home, find a new job, manage debt?)

**3. Refusal of the Call:** Did you struggle to take action?

**4. Meeting the Mentor:** Who or what helped you see that you were indeed ready to move forward?



***Part 2. The Special World (or the unknown)***

**5. Crossing the Threshold:** What did you do, and what values/traits/characteristics did you rely on?

**6. Tests, Allies, and Enemies:** What tests did you encounter? Who helped or hindered you along the way?

**7. Approach to the Inmost Cave:** This is where your challenge feels most intense.

**8. The Ordeal:** This is where you come face to face with your greatest fear. What is it?

**9. Reward:** You've survived your ordeal, and you gained new insight. What did you gain throughout your journey?



# Living Fully BALANCED

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## **Part 3. Return to the Ordinary World with Extraordinary Powers**

**10. Road Back:** You are on your way back to your ordinary life, yet there's something different about you. What is it?

**11. Resurrection:** Here, you may face yet an additional, even more challenging ordeal. And through it all, you demonstrated great character and strength. What is the reward or gift for your self-sacrifice?

**12. Return with Elixir:** How is your life different, now that you have the "gift". How does it benefit those around you?

*If you'd like additional coaching around creating your best life in this next chapter, I want to offer you a complimentary consultation. I've been working with high achieving women since 2013 and because I was once in your shoes, I always keep space for women going through divorce.*

*[You can get on my schedule here.](#)*

*Every hero has a mentor, and perhaps I may be yours.*

*My sincerest best wishes as you journey on,  
Lisa Bobyak*