

TAKE YOUR CLASSROOM OR FAMILY ON



THE HERO'S JOURNEY

“The Hero’s Journey” was coined by the work of my hero, Joseph Campbell. His book, *The Hero With A Thousand Faces*, literally fell at my feet in the check out line at the library. Luckily, I noticed & his work has changed my life. Campbell studied mythologies, religions, & fairytales from around the world & over centuries. He found common themes in each that are ageless & timeless. They have been so impactful that I have used this insightful framework in my life, in my families, & now I have the thrill of seeing classrooms use The Hero’s Journey too.

Considering our own Heroic Quest can be such a dynamic way to create communication, & connection about living our best lives together. We are all born to be heroes with our own unique talents to offer the world. To prepare for our own Hero's Journey, families & classrooms can study the biographies of historical & present-day figures like Bill Gates, The Wright Brothers, Rosa Parks, & more. They all face naysayers, hardship, & hard-choices as they navigate their life. Their social & emotional development is vital to their success, opening the door for discussions about the life skills & qualities we may want to develop to achieve our best life too.



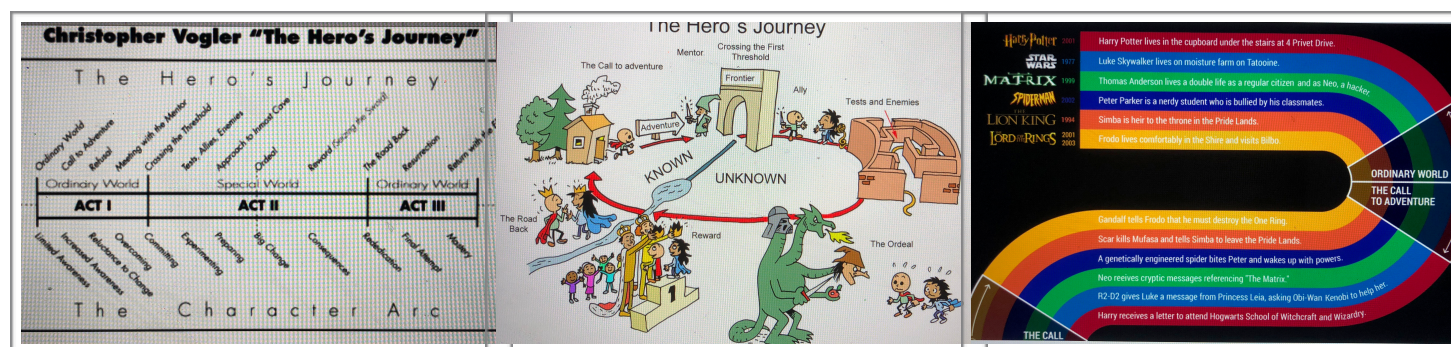
We can also study nature & animals through this lens, making science relevant & relatable. In my books, I use The Journey to explain the science behind why & how different animals came to be so that we can see our stories in their choices.

Besides biographies, science, social and emotional development, my favorite way to use The Heroes Journey is as a platform for reading & writing. Everyone can create their own 12 Step Hero's Journey. Below, is the one I created. I based it on my life experiences, and use it as the framework to write my books:

KAT'S 12 STEP HERO'S JOURNEY

1. **A Call To Adventure**—From Your Ordinary World That Is Known & Familiar
2. **Refuse—Ignore—Fear The Call**—Obligations—Duty—The What Ifs—
Can I dare the unknown & take the road less traveled
3. **Accept Your Heroic Quest—Leap of Faith**—The choice
4. **DREAM BIG**—Cross The First Threshold—Connect with/to Something Bigger
—Supernatural Aid (For me it is God. In my books, it is our wished-upon star.)
5. **The Road of Trails**—Face Naysayers, Tests, Temptations, Perceived Failure,
& Hard Times—The Belly of The Whale (Final separation from known world.)
6. **Find Mentors**—Seek Guidance—Don't Go Alone (Vital.)
7. **LOVE BIG**—Cross The Second Threshold—Share Your Journey—Build
Community—Connect With Those You Meet, Friends, & Family
8. **Dark Night Of The Soul**—Fear & Doubt—Extreme Loneliness—The Inmost Cave

9. **THINK BIG**—Cross The Third Threshold—**Thoughtful, Honest, Intelligent, Necessary, & Kind**—Connect Your Head & Heart—Problem Solve—Know “I AM” Extraordinary—“I AM” Made of Stardust— “I CAN”
10. **Resurrect—Rise & Shine**—Overcome & Succeed—Light the Stars in your Heart—You Are Born for a Reason—To Achieve Remember to SMILE & BELIEVE
11. **YES! Celebrate Your Quest Success**—You Are a Hero—Wise/Competent/Free to Live Your Best Life—Dreams Do Come True
12. **Return To Your Ordinary World With Your Treasure/ Elixir**—Encourage Others To Accept Their Call To Adventure & Live BiG Too (Victor Frankle, Nelson Mandela, Brene Brown—Are some of my heroes/mentors who inspire me to want to rise & shine. Make your list too.)



These are some versions of The Hero's Journey that I found helpful in my studies.

1. Story Model by **Christopher Vogler**
2. Cartoon by **Vanessa Grant**
3. Movie Model by **Sarah McGuire**

You can find them online, along with many more.

As a reading exercise, you can discuss how books follow the different Journeys. As a writer, you can use any Journey or The 12 Step Model you create to write your own stories about your life, a person you look up to, your dog, a butterfly you saw in the park, different African Animals, a historical figure, the options are endless.

Before you write, explore ideas together: Why would someone take a leap of faith or accept the quest? What naysayer or hardship would they meet along the way? What qualities would your characters need to develop to persevere? What cool mentor could they befriend? What seemingly impossible dream could they achieve?

The discussions can be insightful & inspirational. But most important, know we are all born to be "THE HERO OF OUR OWN STORIES" so as you write consider accepting your call to adventure too & see what incredible things you can do!

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