

The Hero's Journey Worksheet

Story Information

Story Title: _____

Author: _____

Genre: _____

One-sentence premise: _____

DEPARTURE (Ordinary World to Special World)

1. THE ORDINARY WORLD

Describe your hero's normal life, environment, and inner struggles before the adventure begins:

2. THE CALL TO ADVENTURE

What challenge, problem, or invitation disrupts your hero's ordinary world?

3. REFUSAL OF THE CALL

How does your hero initially resist or express reluctance to answer the call?

4. MEETING THE MENTOR

Who provides guidance, wisdom, tools, or training to help the hero prepare?

What specific advice, item, or knowledge does this mentor provide?

5. CROSSING THE FIRST THRESHOLD

What decision or action marks the hero's commitment to the journey?

What does your hero leave behind? What are they risking?

INITIATION (Trials and Transformation)

6. TESTS, ALLIES, AND ENEMIES

List key allies who will help your hero:

List key enemies or opposing forces:

What tests or challenges will your hero face in this new world?

7. APPROACH TO THE INMOST CAVE

What preparations does your hero make before the central ordeal?

What location or situation represents the "inmost cave" in your story?

8. THE ORDEAL

What is the central crisis or supreme challenge your hero must face?

What internal weakness or fear must they overcome?

How does this ordeal transform your hero?

9. REWARD (SEIZING THE SWORD)

What reward, object, knowledge, or insight does your hero gain from this victory?

How does this reward change your hero or their understanding?

RETURN (Bringing the Gift Home)

10. THE ROAD BACK

What motivates your hero to return to the ordinary world?

What new complications or challenges arise on the journey home?

11. THE RESURRECTION

What final test proves your hero has truly transformed?

How does your hero demonstrate mastery of both worlds?

12. RETURN WITH THE ELIXIR

What gift, knowledge, or power does your hero bring back to share?

How has the ordinary world changed because of your hero's journey?

How has your hero changed from who they were at the beginning?

Additional Notes

Theme: *What universal truth does your hero's journey reveal?*

Symbols & Motifs: *What recurring images or elements reinforce your theme?*

Variations: *How have you adapted the Hero's Journey to fit your unique story?*

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