

The Hero's Journey Worksheet



Awareness Exercise

Look at *The Hero's Journey Map* PDF. Compare your life with the ten categories on the map. Now use this form and make note of changes you may want to make to improve your life. If you aren't sure about your purpose, answer that question later. For example, in row 2 for "Physical" you may have checked "*Make a Change*." In the "*Reasons why change is needed*." column, the answer could be: "I need to lose thirty pounds so that I won't need blood pressure pills."

PURPOSE STATEMENT		Begin with the end in mind. My purpose and mission in life is to:						
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Self-mastery Category	Okay. No change	Make a Change	✓ Create a plan	Reasons why change is needed.	Identify obstacles in the way.	Who/what is needed? Character Traits? Skill needed? Mentor?	✓ Create Visual	
1	Spiritual							
2	Physical							
3	Mental							
4	Emotional							
5	Vocation/Work							
6	Financial							
7	Family-Social							
8	Leisure							
9	Life Mgmt.							
10	Contribution							