

The Hero's Journey Map



Knowing your purpose is the organizing principle for your Hero's Journey. It is your "theme song" and it is reflected in every area of your life.

Spiritual Mastery

A spiritual practice, clear values, honor life, all people, connection to the Divine, interconnectedness. A desire to be a blessing in the world.

1

Physical Mastery

A lifestyle of eating mostly whole foods, regular exercise balanced living. Your weight, blood pressure and image reflect good health habits.

2

Mental Mastery

Life long learner, reading, contemplation, planning, writing, visualizing and always stretching yourself.

3

Emotional Mastery

Directing emotions. Your thoughts, words and deeds are in alignment. Resilient.

4

Vocation/Work "Your Career Calling"

Work doing what you love or loving what you do.

5

Financial

Living within income; a financial plan, saving 10%, investing 10%, giving 10%, and residual Income.

6

Family-Social

Family vision and values. Family council, Support system. Respect for all people regardless of station and differences.

7

Leisure

Time alone to think contemplate (spiritual); fun and play time. Entertaining, holidays; vacations.

8

Life Management

Your home reflects what you love and value. Bills paid on time, furnishings, yard, all possessions well maintained.

9

Contribution

You are aware of and use your talents and gifts (creative abilities) in a way that is meaningful. You even have a portfolio of work you've done (artistic, writing, creative projects). You use your leadership skills to make a difference that contributes to family and community. You know you are here for a reason and that is what gives you energy. You consciously do your best day to day and are enabled to welcome life as it comes.

10

THE GIFT IS YOU

Recognize that you are here for a reason and it is up to you to decide what that reason is so you are consciously in collaboration with life, and unfolding naturally into a spiritually evolved whole human being.

To honor life is to be tuned in to your own nature and connected to nature. Through your natural evolution, you bring forth your gifts so they can be shared. The emergence of your gifts is catalyzed as you serve others.

To deny yourself is to deprive the world of the gifts that only you can give. Self-mastery is how you evolve to your highest self. Your destiny unfolds as you evolve. Notice what life has shown you so far.

Everyone is a creative genius at being him/herself. You are an original and your gifts are needed now.