

The Hero's Journey: Humanity's Monomyth

Departure

1. Call to Adventure – We see the hero in their “hut,” their too-boring, too-small life. Then something happens that calls, persuades, tricks, or forces the hero to set out on an adventure.
2. Refusal of the Call – The hero, out of fear or duty to home, says, “No way.”
3. Supernatural Mentor – Once the hero says “yes” to adventure, a wise and powerful mentor appears with instructions and (sometimes) magical objects to help along the way.
4. Crossing of the First Threshold – This is the point when the hero really steps into a new and unfamiliar world, leaving their old world behind.
5. Belly of the Beast – This is the first big trouble, the real separation from the person the hero used to be. Usually the hero is trapped **inside** something, risks or experiences death, and then emerges on the other side.

Initiation

6. Road of Trials – A series of tests, usually in groups of three, confront the hero. Often the hero fails at least one of the tasks.
7. Meeting With the Mystic – At the darkest, lowest point in the hero's confidence, a figure, often feminine in nature, comes and nurtures the hero as a caregiver.
8. Temptation – Something, often a beautiful person or luxurious situation, threatens to throw the hero off track.
9. Atonement with the Parent – The hero often has to confront their relationship with a source of power/authority/paternal-figure (sometimes, the source of the hero's one fatal flaw) and reconcile that relationship.
10. Apotheosis (high, turning point of story) – The hero experiences a period of rest and fulfillment.
11. Ultimate Prize – The hero achieves the goal of the whole journey (gets the object, rescues the princess, conquers the enemy).

Return

12. Refusal of the Return – The hero has a moment when it doesn't seem like a good idea to take the prize back to the regular world.
13. Magic Flight – Sometimes, the journey home is just as amazing as the quest.
14. Rescue from Without – If the hero is wounded or changed by the quest, sometimes a helper comes to guide the hero home.
15. Crossing of the Return Threshold – The hero returns home and has to figure out how to incorporate all they have experienced back into regular life and not get depressed/bored.
16. Master of Two Worlds – If the hero has achieved a spiritual enlightenment, both inner and outer worlds (or heaven and earth) are within control.
17. Freedom to Live – The hero has learned enough about life and self to not fear death and live fully in the moment.