

HERO'S JOURNEY

The 12 stages from Christopher Vogler's The Writer's Journey, based on Joseph Campbell.

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TITLE

WRITER

HERO

WHAT THE HERO WANTS

ACT ONE: DEPARTURE

1. ORDINARY WORLD the hero's normal life before the story

2. CALL TO ADVENTURE a problem or offer shakes things up

3. REFUSAL OF THE CALL fear, doubt or duty holds them back

4. MEETING THE MENTOR someone gives advice, training or a gift

5. CROSSING THE THRESHOLD they commit and enter the special world

NOTES themes, images, ideas

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Stages can overlap or swap order. Use what serves your story.

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ACT TWO: INITIATION

6. TESTS, ALLIES, ENEMIES learning the rules of the new world

7. APPROACH TO THE INMOST CAVE closing in on the big danger

8. THE ORDEAL the biggest test so far, often a brush with death

9. REWARD what they win by surviving

ACT THREE: RETURN

10. THE ROAD BACK the push for home, and a new threat

11. RESURRECTION the final test, where the change shows

12. RETURN WITH THE ELIXIR home again, with something to share

HOW HAS THE HERO CHANGED?