

The Hero's Journey



The Hero's Journey helps to facilitate story-telling and self-reflection. By using this model, mentors will facilitate a meaningful opportunity to deepen their understanding of both themselves and their mentee, helping the mentee to discover more about their own identity, life purpose, and what might be holding them back from achieving their goals.

Process

- **Past:** think through a past period of change, when you completed a circle of the Hero's Journey. Describe the different phases, what each one felt like, what you achieved, and what enabled this. What have you learnt about yourself in the lowest moments of your life?
- **Present:** share which stage of the Hero's Journey do you think you are in, what you have experienced to get to where you are today, and what support you need to get to the next step of your journey?
- **Future:** where might you want to go? What do you want to achieve? What is holding you back, and how can you start to embark on this journey? What do you need from your mentor to help you cross the line? What are you most afraid of?

My Hero's Journey



Past

Present

Future

