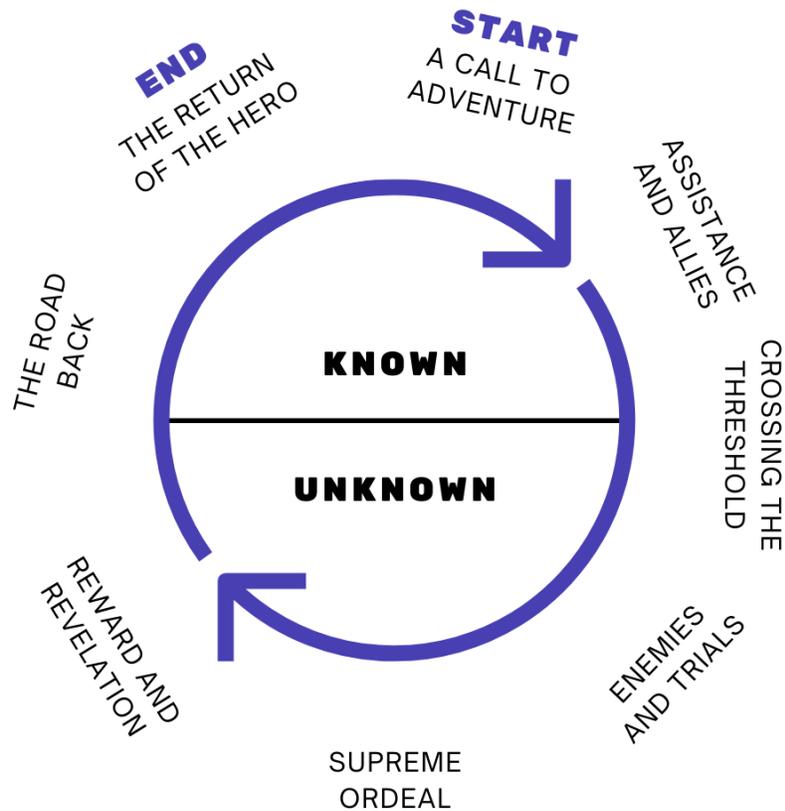


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## Using the Hero's Journey as a Story Structure



These journaling questions can help you to decide which step(s) of the hero's journey apply to your own life stories.

1. Have there been any journeys in your life? What challenges have you faced?
2. Have you had situations of self-doubt or obstacles to overcome?
3. Have you had opportunities where you met a mentor or someone that helped guide you?
4. What life lessons or themes have you learned or experienced?
5. How were you changed as a result of your own life journey(s)?