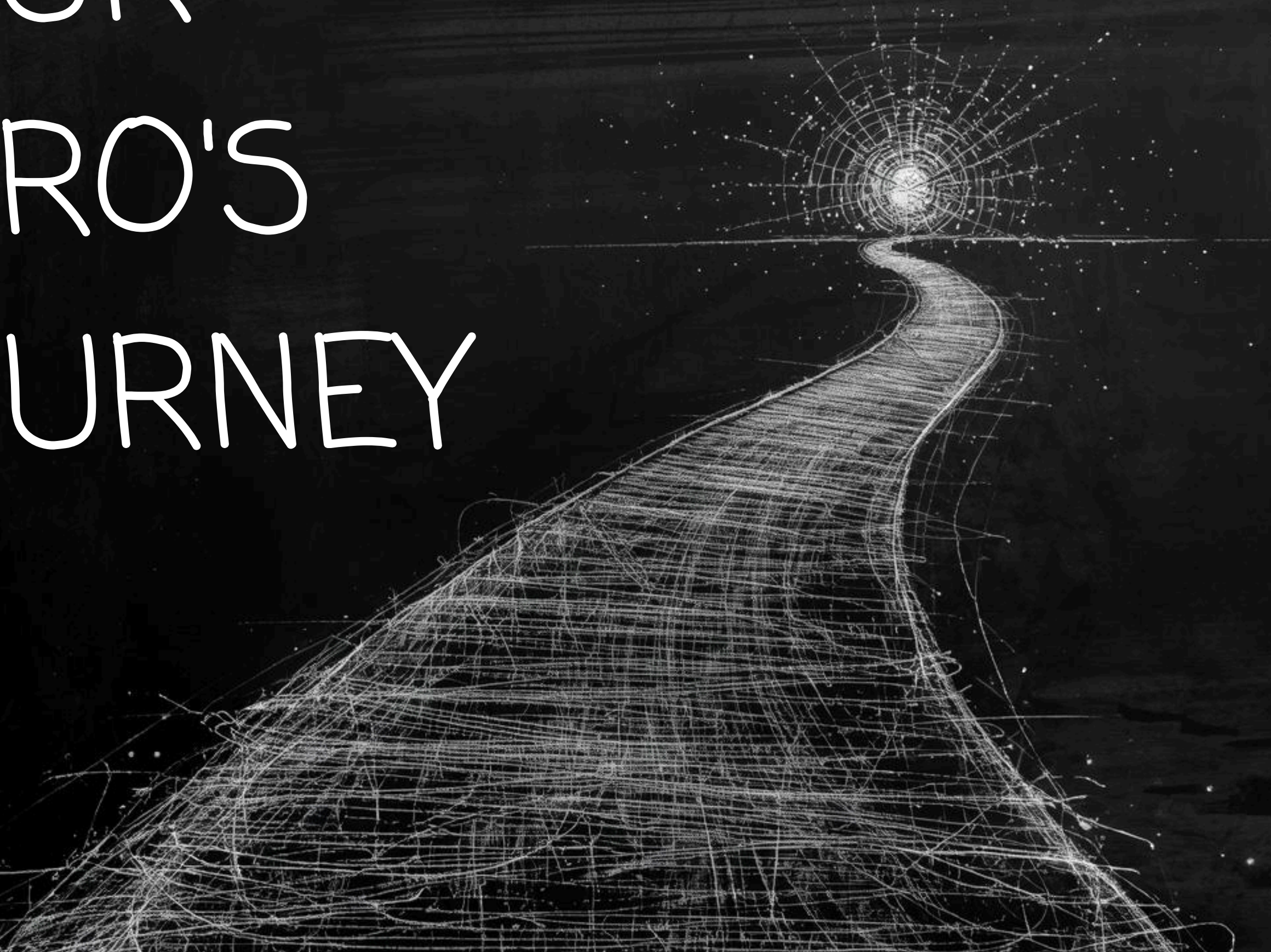


YOUR HERO'S JOURNEY



A serene winter landscape featuring a calm body of water in the foreground, which perfectly reflects the surrounding scene. The background is filled with a dense forest of trees, most of which are covered in a thick layer of snow, their dark trunks and branches creating a complex, white pattern. A few trees on the right side of the frame have retained some of their autumn-colored leaves, appearing in shades of orange and brown. In the distance, a small wooden structure, possibly a gazebo or a covered walkway, is visible on the shore. The sky is a uniform, overcast grey, contributing to the quiet and still atmosphere of the scene.

MAKING THE INVISIBLE -
VISIBLE

REFLECTION

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WHY REFLECTION MATTERS

Reflection creates space between you and your experience.

When we step back, we can:

- notice patterns
- make the invisible visible
- honor change
- see ourselves with greater clarity

WHY USE THE HERO'S JOURNEY?

We all experience life differently and tell different stories. Joseph Campbell's Hero's Journey gives us a simple structure to reflect on change:

Where am I now?

What challenge do I face?

Who is helping me?

What am I learning?

We see changes and decisions as part of the journey.

*You are not stuck.
You are somewhere
in your story.*



Your Hero's Journey

*Time for yourself.
Time to write down.*

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YOUR HERO'S JOURNEY

The following questions are an invitation to explore and write down your own journey. Use them as a reflection tool. There is no right order. Jump in and out whenever it fits you. Stay with the questions that speak to you.

The prompts are inspired by the stages of the Hero's Journey:

Welcome to your world = Where are you now?

The call to adventure = What is changing?

The adventure world = Who and what do you meet?

The big fight = What are you being asked to face?

Back home again = What are you taking with you?

You are not trying to complete a story. You are noticing the one you are already living.

Where are you standing now?

Where are you in your journey right now? What do you see?
What do you feel? You are not trying to find the right answer.
You are noticing where you are.

What do you carry with you?

Is it your mantra – your lucky charm – a promise – your dream?
Is it a burden or a gift? Or both?

*Sometimes clarity comes later.
Direction can begin with curiosity.*

Where are you heading?

Do you know? Has it changed? What is guiding you?



Who walks beside you?

Mentors - Allies - Friends - Challengers?
Who supports and who stretches you?

What are you facing?

Every journey contains uncertainty.

Every challenge asks something from us.

What are you being invited to face?

Remember:

You have survived difficult chapters before.



What is changing?

What are you learning?

What is becoming clearer?

How has this journey already shaped you?



*Transformation doesn't
always have to be loud.*

What are you bringing back?

What can you teach us?
What does your hero need to hear now?
Are you ready for the next adventure?

Your story is still unfolding

There is no right or wrong journey.
You do not need all the answers.
You only need to notice where you are.

Andrea Wodniok

Creative Facilitator & Coach



Thank You

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RESSOURCES

- **Pixar** - Storytelling Course
- **Kenn Adams** - Improv Storyspine
- **Dave Morris** - My way of improv
- **Amy Allebest** - The Heroine's Journey
- **Matthew Winkler TED Talks - Joseph Campbells Hero's Journey.**