

**Your Hero's Journey – Adapted by Therese A. Kravetz\***

**(You might reach for a journal too to write more. Have fun.)**

**Step One: Describe where you are in your life now or before your journey began:**

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**Step Two: Describe your nudge, desire, dream here:**

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**Step Three: Why your dream, desire, nudge won't work. Write excuse here:**

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**Step Four: Describe a mentor, teacher or course--real or imagined--that you could work with: Who would your dream mentor be?**

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**Step Five: Describe your next steps. Where is this new world of adventure/job/relationship? What does it look like or feel like?**

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**Step Six: Obstacles. Write 'em out. Try to predict them.**

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**Step Seven: You write your winning battle here. how you defeat the inner demon, the outer demons you described in #6. You're the writer. You're the winner.**

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**Step Eight: Go deep. What are you really afraid of?**

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**Step Nine: How do you counter, cancel out this fear?**

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**Step Ten: Your world is different. You are different. Your purpose is refined. Go for it. Describe them all.**

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**For more see: [www.thereaylakravez.com](http://www.thereaylakravez.com)**

**\*Ideas for this document based on Steven Pressfield's summary of Hero's Journey in Nobody Wants to Read Your Sh\*t**