



## Become The Hero Of Your Story

*By Lyn Carman*

Consider all the movies and stories you know of epic adventure – where your heart is swayed and your mind is challenged as you are carried along with a character whose story begins with a mostly average existence to dizzying heights of bravery, courage and everything in between. Think of Luke in Star Wars, Neo in The Matrix and Dorothy in The Wizard of Oz – there are many more movies, from Middle Earth to the Marvel Universe.

These stories all follow the same mythological sequence – they are identical; they all contain within them the same characters, who have the same attributes, strengths, and weaknesses; they have the same dark moments, they all get stuck in the middle or a dark place; they save themselves physically and only realise in the end, triumphantly, it was always the mind that mattered.

“A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered, and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man.”

How many times have you been deeply touched by a character’s experience and think about how many times we are influenced by these stories throughout our lives?

Essentially, the hero’s journey is about a quest and a search for answers, clarity, and to create meaningful circumstances. The hero’s journey is ultimately about transformation – we can all be the heroes of our own story, no matter where we find ourselves today.

When you are willing and courageous enough to venture out, to explore new territory and face the unknown, you are becoming your own hero. It’s not about how strong you are; how well you can do ‘it’; or how many resources you have. It is about navigating your current condition, to first face the unknown territory and by viewing your own life as a heroic journey.

Depending on your current circumstances, you may be thinking anything from:

“Yes I am a hero! I am the creator of my story”; all the way to “I am an un-named helpless extra in the story, waiting to be rescued by a real hero.” There is no right or wrong, whatever stage you’re at in your own journey, just remember that most heroes start out with an average existence in the ordinary world.

In fact it's likely you have felt both of those extremes and nearly every stage in between. You may have also realised staying in the role of the 'extra' is a story that serves no-one and nothing.

To become the hero of your story, there are 3 things you must accept as true:

1. You are the hero of your own story.
2. You have the power to change your narrative.
3. You will fail
  - in fact, you must fail - but you must also refuse to give up.

**Do what it takes to accept these truths.** Write them down; put them on your mirror; say it often. It is what a hero would do, after all. 😊

A strong mindset is the compass for your journey, and simply follow and recognise where you are on the map.

Look at the Hero's Journey Wheel. What Part are you up to? Be completely honest about where you are right now and where you need to go next - you have the compass, now follow the map.

### **Identify where you are on the (simplified) Hero's Journey:**

Part 1:

The Call to Adventure - A hesitant step towards something new.

Part 2:

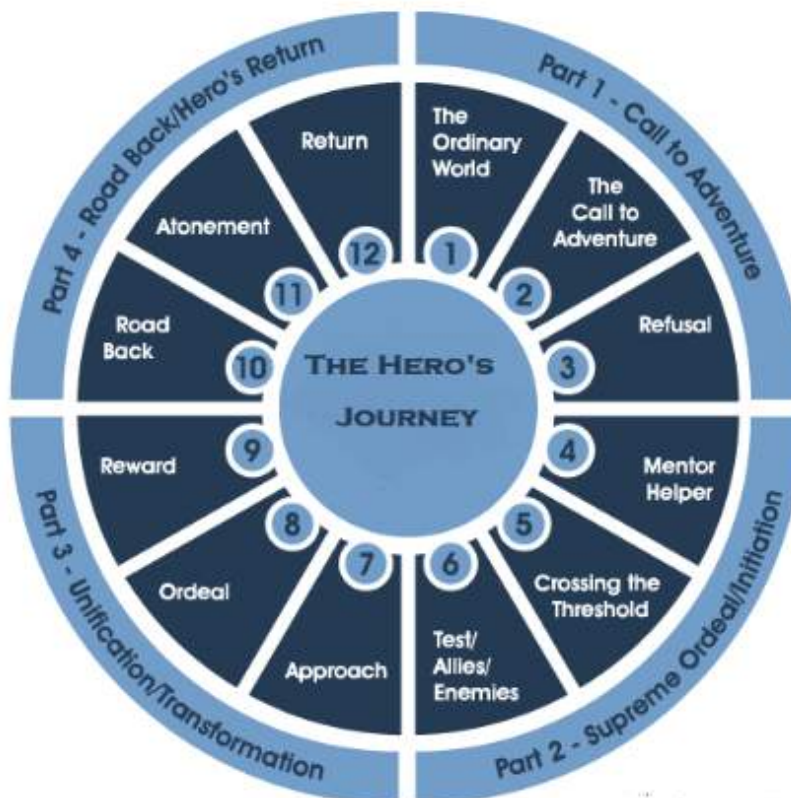
The Trials and Initiation - Finding guides and mentors to navigate the path through.

Part 3:

The Test and Transformation - Realisation of growth and capability.

Part 4:

The Heroic Return - Acceptance, mastery and a new normal.



In each Part there are tests; there is doubt; and there is commitment to progress and, of course, refusal to return to the old normal. A Hero isn't made from their successes but from the refusal to give in to their failures.

Remind yourself of the 3 accepted truths and identify what Part you are writing of your story will ensure you progress to victory and **BE THE HERO OF YOUR STORY!**

"We must let go of the life we have planned, so as to accept the one that is waiting for us." – Joseph Campbell

The simplified Hero's Journey is based on Joseph Campbell's monomyth from his book, 'The Hero with A Thousand Faces'.  
(1949) Pg 23

