

A person with a backpack is walking away from the camera on a vast, flat, reddish-brown sand dune. The sky is a clear, deep blue. In the distance, there are dark, silhouetted mountains under a few wispy white clouds. The overall scene is one of solitude and exploration in a desert environment.

Presented by BU Happiness College

Owning Your Story

www.buhappinesscollege.com





"The hero's journey is inside of you; tear off the veils and open the mystery of your self"

- **Joseph Campbell**

The Hero's Journey



Part 1: The Call to Adventure

The Ordinary World

The Call to Adventure

Refusal

The Hero's Journey



Part 2: Supreme Ordeal/Initiation

Mentor/
Helper

Crossing
the
Threshold

Test/
Allies/
Enemies

The Hero's Journey



Part 3: Supreme Ordeal/Initiation

Approach

Ordeal

Reward

The Hero's Journey



Part 4: Road Back/Hero's Return

Road
Back

Attonement

Return



Self Reflection

What was/is your call to adventure?



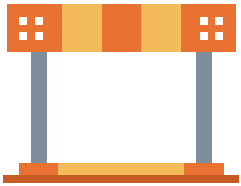
What was/is your point of entering the unknown?





Self Reflection

What challenges/temptations have you faced/are you facing along the way?



What dragon did you slay/will you face?





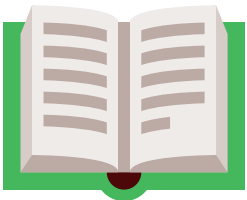
Self Reflection

How might this journey shape/have shaped who you are today?



A large, empty, light gray rounded rectangular box for writing a reflection on how the journey has shaped the individual.

What's the next chapter in your journey?



A large, empty, light gray rounded rectangular box for writing about the next chapter in the individual's journey.

A photograph of a person's hands writing in a notebook with a pen. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...