Hero's Journey: Personal Discovery Course

1.	Your Name
2.	2 What Were My Favorite Things To Do In The Past?
3.	3 What Are My Favorite Things To Do Now?
4.	1 What Makes Me Smile? (Activities, People, Events, Hobbies, Projects, Etc.)
5.	4 When I Daydream, What Do I See Myself Doing?
6.	6 What Makes Me Feel Great About Myself?
7.	5 What Activities Make Me Lose Track Of Time?
8.	7 What Characteristics In Others Annoy Me?
9.	8 What Am I Naturally Good At? (Skills, Abilities, Gifts Etc.)
10.	11 What Would I Regret Not Fully Doing, Being Or Having In My Life?
11.	9 What Do People Typically Ask Me For Help In?
12.	10 If I Had To Teach Something, What Would I Teach?
13.	13 How Did I Or Am I Overcoming [Challenges Or Hardships In My Life]?
14.	14 What Causes Do I Strongly Believe In? Connect With?
15.	18 What Would My Message Be [If I Could Speak To A Large Group Of People]?
16.	16 Which Qualities Inspire Me In [Someone Im Inspired By]?
17.	19 Whats One Thing For Which Id Be Willing To Risk My Life?
18.	20 Given My Talents, Passions And Values. How Could I Use These Resources To Serve, To Help, To Contribute? (To People, Beings, Causes, Organization, Environment, Planet, Etc.)

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A hero/ named went on a long journey, a journey of a lifetime. They had been on this journey
for some time already, along the rocky paths having enjoyed times of 2 What were my favorite things to do in the past?
and now continuing to travel along the river through seasons of
journey brought them deep contentment whenever they 1 What makes me smile? (Activities, people, events, hobbies, projects,
and they found themself deeply connected to who they truly are whenever they 4 When I
daydream. what do I see myself doing? and 6 What makes me feel great about myself? They forgot altogether that
they were even ona journey but relished the moment deeply at times when they 5 What activities make me lose
<u>track of time?</u> The experiences of their journey brought them to the place of realizing that their natural abilities
included 7 What characteristics in others annoy me? , just kidding, but truthfully, those they encountered could tell
they had a unique calling when they 8 What am I naturally good at? (Skills, abilities, gifts etc.) and/or 11 What would
I regret not fully doing, being or having in my life? . In fact, people along the way would often ask them for help
with 9 What do people typically ask me for help in? and they would tour the land teaching others about
As their journey continued, they encountered pitfalls and
barriers on their path and they overcame these with their
This was the source of their resolve and courage to advocate for14 What causes do I strongly believe in? Connect with?
and Their journey began to come full
circle as they grew in
making a significant difference by 19 Whats one thing for which Id be willing to risk my life? and 20 Given my talents,

passions and values. How could I

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