

12. THE RETURN

The hero has proved themselves worthy and achieved victory which is life-changing. They return with an object or ability that allows them to finally gain acceptance in the ordinary world.

1. THE ORDINARY WORLD

The hero exists in a world considered ordinary or uneventful by those who live there. The protagonist is outcast in their every day life and considered odd by the rest of society.

11. GROWTH OR ATONEMENT

The hero has learnt important lessons through their experience and now uses this newfound wisdom and strength to confront whatever holds the ultimate power in their life in one final test.



2. THE CALL TO ADVENTURE

The hero is called away and removed from the ordinary world. Usually there is a discovery, event, problem or danger that spurs them on their journey. Adventure awaits them.

10. THE ROAD BACK

The hero decides it's time to return home to the ordinary world. They understand they've accomplished a great feat but they still might face further troubles or obstacles.



3. ACCEPTING THE CALL

The hero is given a task or quest which only they can complete. They are faced with a choice to either accept the task or refuse it. Of course, they eventually accept the adventure.



9. THE REWARD

There is usually some kind of reward that awaits the hero for showing strength and endurance through the supreme ordeal. This could be treasure, love, information or admiration.



4. THE MENTOR & THE TALISMAN

The hero meets a mentor who exhibits special skills, powers or wisdom. They give them a talisman - this might be a magical object, training, insight or advice that they need to succeed.



8. THE SUPREME ORDEAL

Prepared with the skills and knowledge they've acquired, the hero overcomes their biggest obstacle. The tension is relieved but they usually lose something important to them.



5. CROSSING THE THRESHOLD

The hero leaves the ordinary world and enters an environment they've never experienced before. This new world has its own rules and the hero must learn to adapt if they want to survive.



7. THE APPROACH

This is the lead up to the final battle, also called the supreme ordeal. In this stage, the hero is confronted with something that motivates them or prepares them to complete the final task.

6. TESTS, ALLIES & ENEMIES

The hero is faced with a series of challenges to overcome. This makes them stronger and wiser. They may come across enemies or meet other characters who become helpful companions.

