

MYHEROSJOURNEY



Map Your Life as a Myth

A guided field guide for Life Mode

PLACE THE PEOPLE & TURNING POINTS OF ONE
CHAPTER
ONTO THE OLDEST MAP WE HAVE

MYHEROSJOURNEY.NET

BEFORE YOU BEGIN

Every life already has a shape. There is a mentor in yours somewhere, an ally, a shadow you keep circling back to, a threshold you have crossed more than once. You did not choose these roles. They arrived the way they arrive in every story ever told, and you have been living inside them without naming them.

This booklet is a way of naming them. It borrows the oldest map we have — the twelve stages a hero moves through in Joseph Campbell's telling, and the handful of figures that recur in Jung's — and hands it back to you to use on a real life rather than a fictional one.

Work slowly, and in pencil. Choose one chapter and hold it in mind as you go. Answer only the questions that catch; leave the rest. This is a tool for reflection, not a test, and not a substitute for the harder conversations some chapters need. What it offers is smaller and more useful than an answer — a shape you can see.

THE CHAPTER

A life is too long to map all at once. Choose one passage of it, bounded by a beginning and an end you can name. The year everything changed. The leaving. The thing you came back from.

Name the chapter you will map:

Who were you when it began?

Who were you when it ended?



The Hero

The hero is not the strongest figure in the story, nor the wisest. The hero is simply the one the story happens to — the one who has to change. That is the only qualification, and you meet it. This chapter is yours because you are the one it altered. Every other figure in this booklet is defined by how they moved you.

What did this chapter ask you to become?

What did you want, at the start, that set the whole thing in motion?



THE FIGURES · II — THE MENTOR

The Mentor

The mentor gives you something you need before you know you need it — a word, a skill, a permission — and then, more often than not, steps back. They are rarely on stage for long. Their gift outlasts their presence.

Who handed you something in this chapter that you still carry?

What was the gift — and did you ever thank them for it?



THE FIGURES · III — THE HERALD

The Herald

The herald is the knock at the door: not the journey itself, but the news that it has begun. The phone call, the diagnosis, the letter, the sentence said across a table that could not be taken back. Heralds rarely mean to change your life. They only deliver the message.

What was the call, or the news, that began this chapter?

Did you answer it at once, or refuse it first?



THE FIGURES · IV — THE GUARDIAN

The Threshold Guardian

The guardian stands at the edge of the new world and asks whether you are ready to enter it. Not a villain — a test. Fear wears this shape often, and so do the people who love you and want you to stay. The guardian is not there to stop you. It is there to make sure you mean it.

What stood between you and the thing you had to do?

What did getting past it cost you?



THE FIGURES · V — THE ALLY

The Ally

No one crosses alone. The ally is the one who walks part of the way with you — who carries something when your hands are full, who is simply there on the nights that would otherwise have been unbearable. Allies are easy to overlook precisely because they made the crossing survivable.

Who walked part of the way with you?

What did their presence make possible that you could not have managed alone?



THE FIGURES · VI — THE
SHAPESHIFTER

The Shapeshifter

The shapeshifter is the figure you cannot read. Loyal and then not; near and then gone; the person whose meaning to you kept changing until you no longer trusted your own sense of them. The shapeshifter is not always cruel. Sometimes they were only becoming someone else while you happened to be watching.

Who could you not hold still in your mind through this chapter?

What did their changing teach you to expect — of them, or of yourself?



THE FIGURES · VII — THE SHADOW

The Shadow

The shadow is the part of the story you would rather not look at — and it is often a part of you. The fear you organised your life around. The version of yourself you were trying not to become. The shadow holds power only as long as it stays unnamed. Naming it is most of the work.

What were you most afraid of in this chapter?

How much of it was outside you — and how much was you?



THE FIGURES · VIII — THE
TRICKSTER

The Trickster

The trickster breaks the tension. The friend who made you laugh at the funeral, the absurd detail you still tell people about, the moment the whole grave situation tipped over into comedy. Tricksters puncture the story's self-importance — and often that puncture is what let the air back in.

What broke the tension when you most needed it broken?

What did this chapter teach you to stop taking so seriously?

Now lay the whole chapter along the arc. One sentence for each stage is enough. Some will be empty; leave them so — an honest map has gaps.



01 Ordinary World

Where it began, before anything moved.



02 Call to Adventure

The thing that would not let you stay.



03 Refusal

How you tried not to go.



04 Meeting the Mentor

Who, or what, gave you the means.



05 Crossing the Threshold

The point after which you could not turn back.



06 Tests, Allies, Enemies

What the new world made you face.



07 Approach the Inmost Cave

What you were circling before the hardest part.



08 The Ordeal

The worst of it.



09 The Reward

What you carried out.



10 The Road Back

Returning, changed, to the world you had left.



11 Resurrection

The last test — who you had to become to pass it.



12 Return with the Elixir

What you brought back that others could use.

AFTER

You have just done by hand, on paper, the thing MyHerosJourney does on a screen — placed a real life onto the oldest structure we have for making sense of one. Keep this booklet. Come back to it when the next chapter has a shape you cannot yet see.

The app opens both doors this guide only gestured at. *Life Mode*, for the chapters you are living. *Story Mode*, for the ones you are writing. It is coming to iOS, built by one person who wanted to use the structure, not just write about it.

Join the list at **myherosjourney.net** and I will send a single message — the day it ships, and nothing before.