



Hero's Journey Foundation

Six Key Questions

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These questions are both for your own reflection and for you to share with us, in order for us to know how best to support your Journey.

1. What Brings Me To This Particular Journey At This Exact Time In My Life?

- What significant events are currently unfolding in your life?
- What transitions are you experiencing right now?
- Which aspects of your lived experience feel important for us to understand, and for you to articulate?
- Why does this journey feel particularly important or necessary for you at this time?

2. What Is It Within Me That I Need To Understand or Know Better?

- What are you seeking to discover, change, or heal within yourself?
- Which aspects of your humanity still feel small, broken, foreign, or alienated to you?
- What do you long to understand better about yourself?
- What kind of personal passage do you feel in need of right now?

3. What Is the Greatest Obstacle Or Threat That I Am Currently Facing In My Life?

- What is holding you back from living the life you know you need to be living?
- What specific obstacle or fear prevents you from fully engaging with your life?
- What particular desire for your life do you resist or avoid the most?
- Can you provide an example of an insurmountable challenge you are currently facing?

4. What Is My Greatest Strength & How Am I Willing To Bring It To This Journey?

- Identify and name one key strength you possess.
- Describe a strength or character trait that you and others can rely on during difficult times.
- Can you give an example of how you are currently using this strength in your life?

- How are you willing to use this strength to support your fellow journeyers?

5. How Do I Need To Be Supported During My Hero's Journey Intensive?

- How do you feel about receiving direct support from others?
- In what ways are you open to support, and in what ways do you struggle with it?
- Does support feel foreign or untrustworthy to you?
- Do you have any specific requests for how we can support you during your journey?

6. How Do I Need To Be Challenged On My Hero's Journey Intensive?

- How do you feel about being encouraged and challenged to venture into new areas?
- In what ways are you open to being challenged to grow by others?
- What challenges do you find difficult to accept?
- How would you like us to consider challenging you during your journey?