

This worksheet is for reflecting on things that happen in the background while you are going through the process of writing your hero's journey. You can document these ideas, thoughts and themes here, or include them in the text/narrative you are developing.

BELIEFS

What are some old beliefs that the recollection of these events is bringing up? Does this belief serve you, represent the truth about you? If not, what is the truth?

VALUES

What are some of the values that come up in these events? Did your experience align with your values, or was there a values gap there, a dissonance that caused dissatisfaction, displeasure, dislike of your way of being? If so, did you learn what you can do/change to bring your life into closer alignment with your values? If you weren't able to do this alignment, how have you reconciled that you can't always live up to your own ideals?