

# The Hero's Journey

Your Journey  
(= not my journey)

Developed by  
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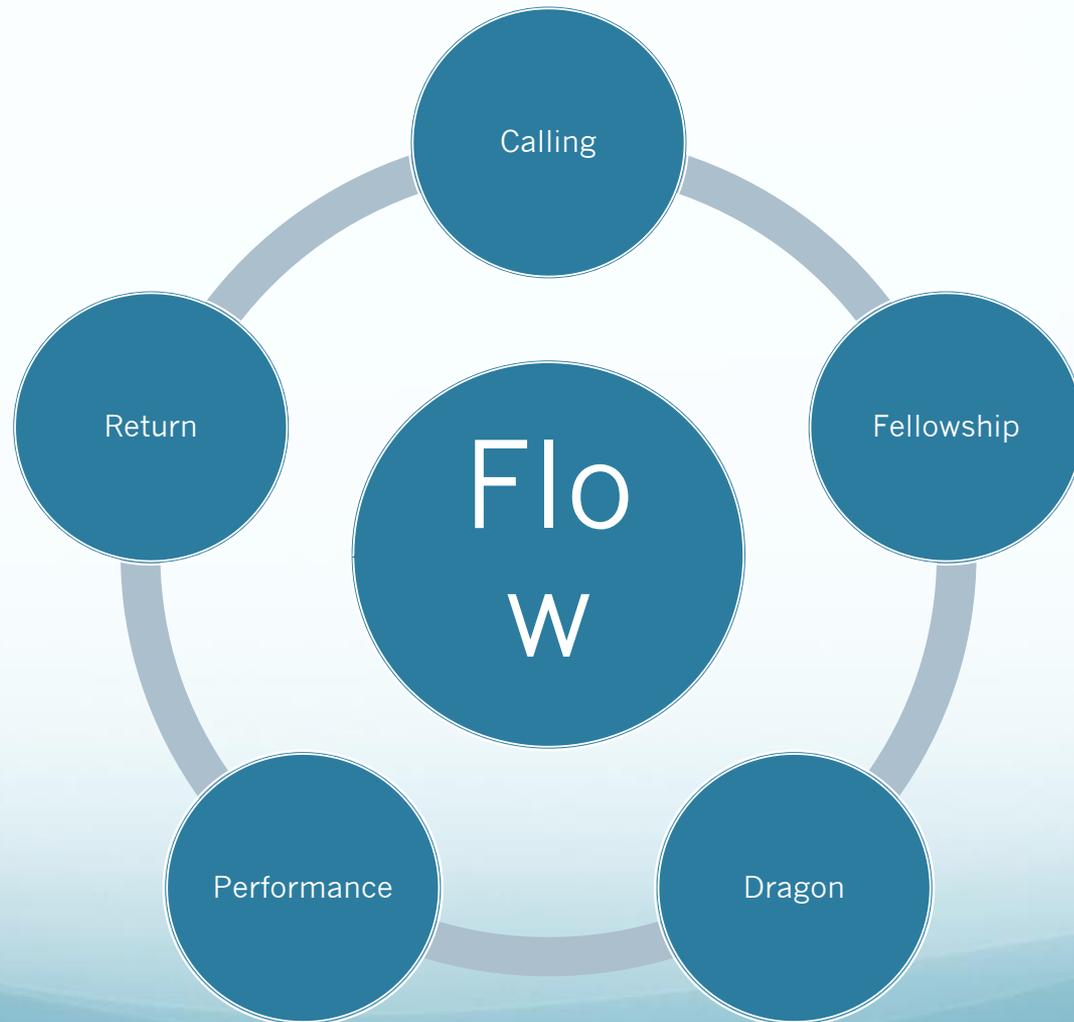
Based on *The Hero with a Thousand Faces* by  
**Joseph Campbell**

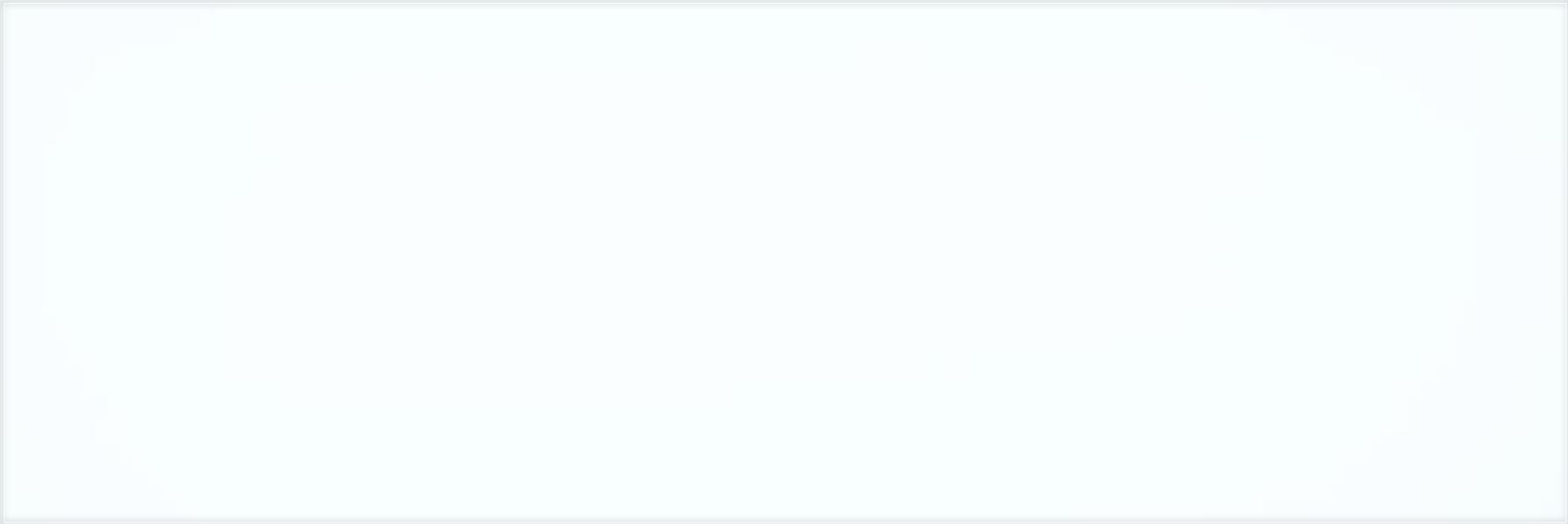
And *Flow Theory* by  
**Mihaly Csikszentmihaly**

# Flow

- Completely involved in the activity
- Sense of being outside reality (ecstasy)
- Inner clarity: know what to do and how to do it
- Knowing to be adequate for the task
- Serenity: no worries and going beyond one's ego
- Losing all sense of time
- Intrinsic motivation: the task is its own reward

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# Calling

*“If you don’t know where you’re sailing,  
any wind will do.”*



# Fellowship

*“One finger cannot lift a pebble.”*



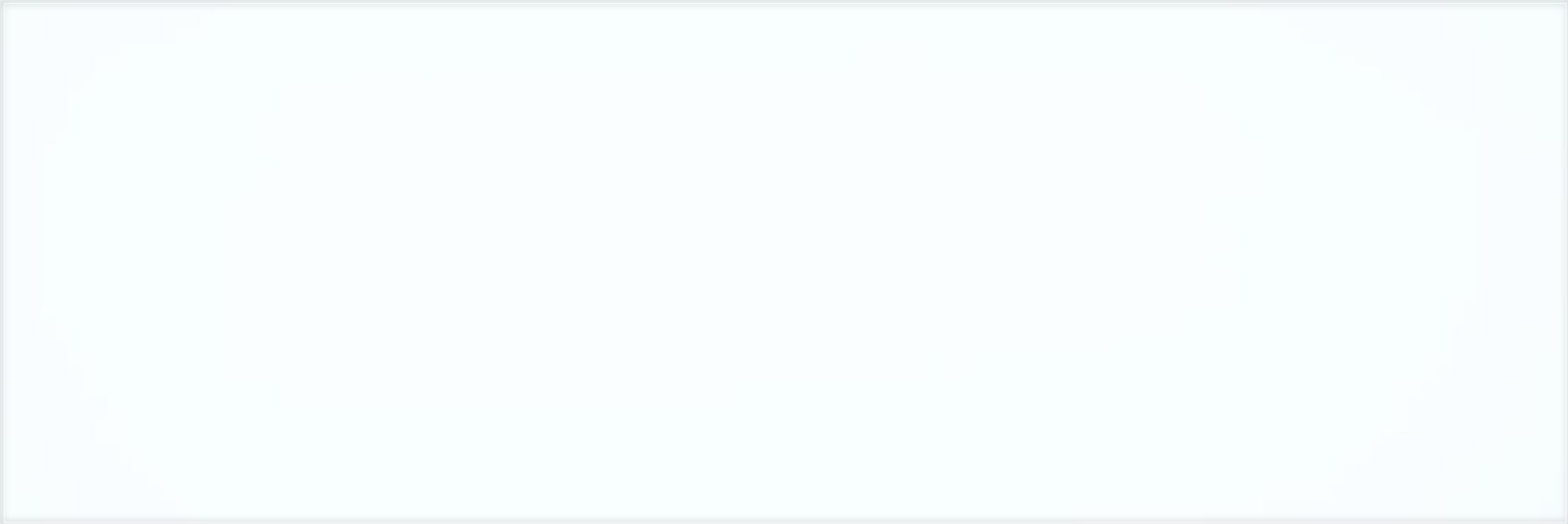
# Dragon

*“Where you stumble, the treasure lies.”*



# Performance

*“Stepping into the middle of the moment.”*



# Return

*“Coming home with the Holy Grail.”*

# You, the Hero.

What makes you a role model?