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Hero's Journey: Personal Discovery Course

1. Your Name
2. 2 What Were My Favorite Things To Do In The Past?
3. 3 What Are My Favorite Things To Do Now?
4. 1 What Makes Me Smile? (Activities, People, Events, Hobbies, Projects, Etc.)
5. 4 When I Daydream, What Do I See Myself Doing?
6. 6 What Makes Me Feel Great About Myself?
7. 5 What Activities Make Me Lose Track Of Time?
8. 7 What Characteristics In Others Annoy Me?
9. 8 What Am I Naturally Good At? (Skills, Abilities, Gifts Etc.)
10. 11 What Would I Regret Not Fully Doing, Being Or Having In My Life?
11. 9 What Do People Typically Ask Me For Help In?
12. 10 If I Had To Teach Something, What Would I Teach?
13. 13 How Did I Or Am I Overcoming [Challenges Or Hardships In My Life]?
14. 14 What Causes Do I Strongly Believe In? Connect With?
15. 18 What Would My Message Be [If I Could Speak To A Large Group Of People]?
16. 16 Which Qualities Inspire Me In [Someone Im Inspired By]?
17. 19 Whats One Thing For Which Id Be Willing To Risk My Life?
18. 20 Given My Talents, Passions And Values. How Could I Use These Resources To Serve, To Help, To Contribute? (To People, Beings, Causes, Organization, Environment, Planet, Etc.)

Hero's Journey: Personal Discovery Course

A hero/ named _____Your Name_____ went on a long journey, a journey of a lifetime. They had been on this journey for some time already, along the rocky paths having enjoyed times of _____2 What were my favorite things to do in the past?_____ and now continuing to travel along the river through seasons of _____3 What are my favorite things to do now?_____. This journey brought them deep contentment whenever they _____1 What makes me smile? (Activities, people, events, hobbies, projects, _____etc.)_____ and they found themself deeply connected to who they truly are whenever they _____4 When I _____daydream, _____what do I see myself doing?_____ and _____6 What makes me feel great about myself?_____. They forgot altogether that they were even ona journey but relished the moment deeply at times when they _____5 What activities make me lose _____track of time?_____. The experiences of their journey brought them to the place of realizing that their natural abilities included _____7 What characteristics in others annoy me?_____, just kidding, but truthfully, those they encountered could tell they had a unique calling when they _____8 What am I naturally good at? (Skills, abilities, gifts etc.)_____ and/or _____11 What would _____I regret not fully _____doing, being or having in my life?_____. In fact, people along the way would often ask them for help with _____9 What do _____people typically ask me for help in?_____ and they would tour the land teaching others about _____10 If I had to teach something, _____what would I teach?_____. As their journey continued, they encountered pitfalls and barriers on their path and they overcame these with their _____13 How did I or am I overcoming [challenges or hardships in my life]?_____. This was the source of their resolve and courage to advocate for _____14 What causes do I strongly believe in? Connect with?_____ and _____18 What would my _____message be [if I could speak to a large group of people]?_____. Their journey began to come full circle as they grew in _____16 Which qualities inspire me in [someone Im inspired by]?_____ and this quality was the springboard for making a significant difference by _____19 Whats one thing for which Id be willing to risk my life?_____ and _____20 Given my talents, _____passions and values. How could I _____

use these resources to serve, to help, to contribute? (to people, beings, causes, organization, environment, planet, etc.)

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