

The 40 DAY HERO'S JOURNEY

Just the Facts
eBook Questions and Answers

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At no time in this book does the author condone violence against any person or persons, any property or possession, and/or any living creature or being. There is no guidance intended to suggest that an individual may employ physical violence against any of the aforementioned for any reason. The one overriding theme of this book is that the reader conduct themselves with kindness at all times.

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Pre-work

A few things before you begin:

1 This book is not intended to offer any medical psychological, medical psychiatric, or any other service rendered by a medical professional. Psychological well-being is an important part of being who we are, and there are times when we need help.

A good place to start, if you think you may need help, is the website of Mental Health America - MHA, the nation's leading community-based nonprofit organization dedicated to addressing the needs of those living with mental illness and to promoting overall mental health of all Americans.

<https://www.mhanational.org/finding-help-when-get-it-and-where-go>

2 At no time in this book does the author condone violence against any person or persons, any property or possession, and/or any living creature or being. There is no guidance intended to suggest that an individual may employ physical violence against any of the aforementioned for any reason. The one overriding theme of this book is that Heroes conduct themselves with kindness at all times. Any suggestion to the contrary is misguided and incorrect.

3 I suggest you **use a pencil** to do the work in the book and **have a big eraser handy**. I want you to be able to change your mind if you want or need to do so.

4 Take your time with the work you do here. There will be times when the work seems easy or simple, but there is a lot to be said for taking the time to sleep on it. Thoughts and ideas can flow more logically with time to ruminate and a good bit of exploration.

5 The First Step to Entering into Herodom

Go to the website **<https://www.viacharacter.org>** and take the free survey to discover your character strengths. You will need to create a free account, and the survey takes about ten minutes. Once you have your results, fill in the VIA STRENGTHS TOOL CHEST on the next page. We will be exploring your character strengths throughout the workbook.

For more information on the Values In Action, take a look around the website. It is an incredibly interesting tool for self-discovery. There is also a description of the Values In Action in periodic table form available on the website www.40dayherosjourney.com where you downloaded these pages and in the eBook version.

Everyone Has All of These Character Strengths in Varying Degrees

TOOL CHEST

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Beginning Stasis



DAY

1

FADE IN:

If you have not read the Introduction and Pre-work, please complete them before beginning Day 1.

Fill in your #1 Character Strength.

Fill in the one thing that you are most passionate about. It can be a person, a job, a hobby, an idea, a state of mind, etc. The possibilities are endless; this is your #1 Passion.

How does your #1 Character Strength match your #1 Passion?

How do the two weave together and support each other?

DAY

2

You've Got Personality

What one thing do you want?

Fill in your #2 Character Strength.

Find a place in your work/job/study, past or present, in which your #2 Character Strength not only helps you but makes you a Rockstar every day.

How does your #2 Character Strength inform the decisions you make while focusing on your work/job/study?

Why does your #2 Character Strength make you perfect for this work/job/study?

DAY

3

Introduce Your Hero Character

Take a moment to describe yourself in as much detail as you would like. Start with the everyday things and work to the characteristics that make you unique. This description should show how you look at yourself rather than how others see you. Be kind to yourself while doing this by making sure you list more positive than negative traits. Feel free to use an extra sheet of paper if you like.

Fill in your #3 Character Strength.

Pick a person or group of persons that you interact with regularly. Your significant other, a friend, co-workers, a group you have membership in, just as long as it is not the same person or group you chose as the one thing you are most passionate about on Day 1.

How do you use your #3 Character Strength when interacting with this person or persons?

Why does this Character Strength make these interactions easier?

DAY

4 You Are Strong

Fill in your #4 Character Strength.

Pick an activity that you do by yourself. Something that you enjoy doing. It centers you, relaxes you, fills a void.

What is the connection between the activity and your #4 Character Strength?

Why is this activity important to you, with the knowledge that this Character Strength is your #4?

DAY

5

History of You

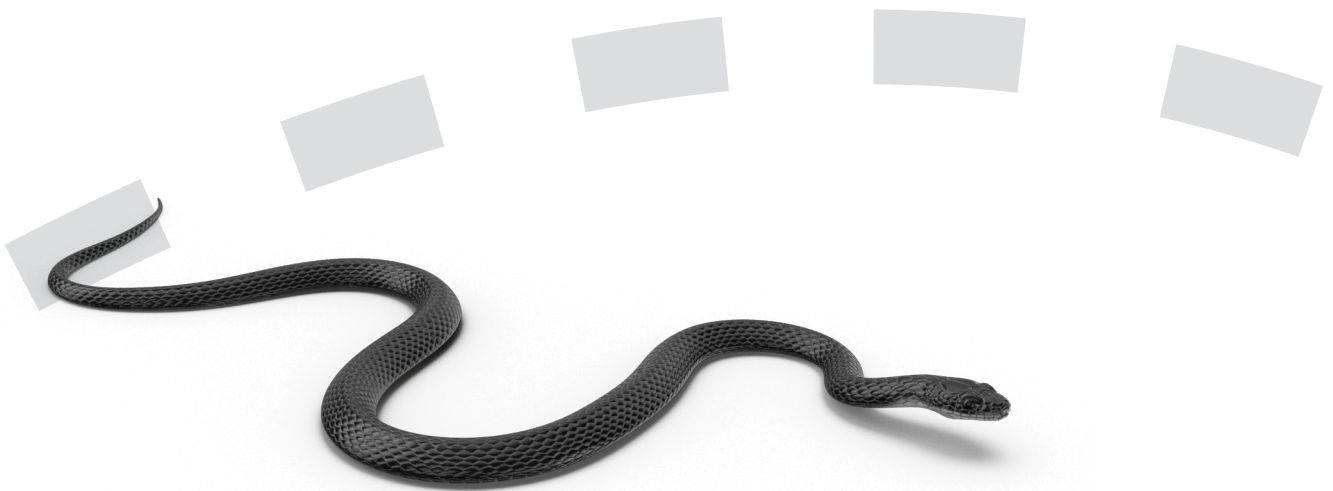
What are the links between these top character strengths and your history?

Fill in your #5 Character Strength.

In every life, a little rain must fall. Pick an occurrence or time in your life when things did not go as planned, but you overcame the challenge.

Explain how your #5 Character Strength was vital in overcoming the challenge.

Inciting Incident & Denial of the Call



DAY

6

"The Thing" - Inciting Incident,
Call to Adventure

"The Thing" that causes a change in your life is:

DAY

7

More about "The Thing"

The antagonist, "The Thing," bringing change to your life, your story, and your movie is:

Who is involved?

Where is it happening?

When does it take place?

Is there a "why" it is happening? If so, why is it happening?

I leave it up to you whether "The Thing" you chose warrants attention to that shock. Feel free to describe the shock you feel here:

DAY

9

More Denial

How does the intrusion of “The Thing” make you feel?

Like having a conversation with a friend, write the dialogue for the scene where you talk about “The Thing” and why it is not worth worrying about.

List 3 ways you ignore, avoid, or try to bypass “The Thing.”

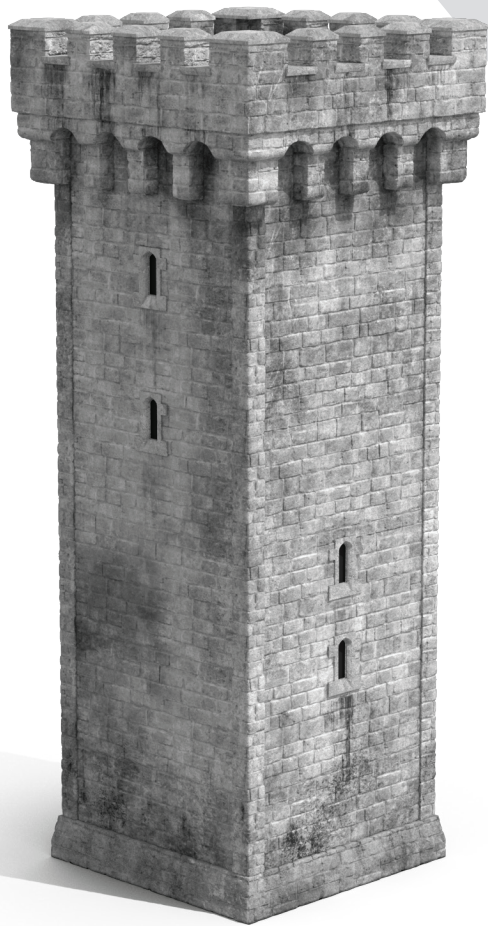
DAY 10

Locked Into

What finally makes you realize you can't avoid "The Thing" any longer?

What is it about "The Thing" that makes it unavoidable, and entirely your obligation?

First Attempts



DAY

11

First Attempts

List as many obvious ways to deal with “The Thing” in your journey as you can. However, remember that none of them can resolve the conflict.

DAY 12

Save the Cat

Describe something you did that was an act of kindness.

Commit an act of kindness today and write the action of the scene here.

DAY

13

Anger and Frustration

Pick three of the obvious ways to solve the problem from Day 11.

#1 _____

#2 _____

#3 _____

What emotions do you feel because of them not working?

Considering the cumulative effect of them all not working, how do those emotions grow?

Do the feelings get out of control or are you able to rein them in? How and/or why?

DAY

14

Expectations

Pick one of the obvious options from Day 11 that will not resolve the conflict.

How would you expect the option to solve the problem caused by “The Thing”?

Why does it ultimately not work?

DAY

15

The Aid of a Friend

Who is the friend, kindred spirit, mentor, book, etc., that assists you, the Hero?

What item do they impart upon you to assist you on your Hero's Journey?

The Big Plan



DAY 16

The Big Plan

What is your incredibly elaborate plan to defeat “The Thing”?

What materials do you gather to aid you?

Who are the allies you enlist to fight beside you?

Attack!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY

18

Supernatural Aid in Action

Look back to Day 15 and be reminded of the item your friend gave to you to assist you on your journey.

How do you believe this item will be helpful as a part of the elaborate plan?

What is its true power that you are not aware of yet, at this point in your journey?

19

19 The Crossing of the First Threshold

As the Hero of your journey, describe how you will be different from the person you were before starting this journey. Take your time with this step.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What do you leave behind?

DAY 20

The Elaborate Plan Goes Horribly Wrong

What goes wrong with your plan?

What is the biggest frustration about the elaborate plan failing?

Depression



21

The Hero Wasn't Good Enough

[illegible]

DAY

22

Hope and Fear

What is your hope?

What is your fear?

How does your fear get in the way of your hope?

DAY 23 Depression

Find a personal way to illustrate what depression is like for you. A description in words, a poem, lyrics from a song, a photo or drawing, whatever you want, and put it here.

DAY
24 Out of Darkness

List and describe 1 - 3 weaknesses you see in yourself that could be an opportunity for change. Be careful to not beat yourself up too much.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Ready to Change



DAY 26

Change or —

Think about a time in your life when you got stuck after a failure. Write about it here.

[illegible]

DAY 27 Reinvent the Wheel?

Explore these character strengths:

Character Strength #19: _____

Describe a time you used this Character Strength.

Describe a time you did not use this Character Strength when you could or should have used it.

Why do you think this Character Strength is your #19?

Character Strength #20: _____

Describe a time you used this Character Strength.

Describe a time you did not use this Character Strength when you could or should have used it.

Why do you think this Character Strength is your #20?

DAY

28

Experimentation

Explore these character strengths:

Character Strength #21: _____

Describe a time you used this Character Strength.

Describe a time you did not use this Character Strength when you could or should have used it.

Why do you think this Character Strength is your #21?

Character Strength #22: _____

Describe a time you used this Character Strength.

Describe a time you did not use this Character Strength when you could or should have used it.

Why do you think this Character Strength is your #22?

DAY

29

Beyond the Reach of Change

Explore these character strengths:

Character Strength #23: _____

Describe a time you used this Character Strength.

Describe a time you did not use this Character Strength when you could or should have used it.

Why do you think this Character Strength is your #23?

Character Strength #24: _____

Describe a time you used this Character Strength.

Describe a time you did not use this Character Strength when you could or should have used it.

Why do you think this Character Strength is your #24?

DAY 30 Eureka!

Go back to Day 24 and look at the 1 - 3 weaknesses you see in yourself. Write them below.

Pick the one or two strengths from 19 - 24 that would be the most effective in eliminating these weaknesses and defeat “The Thing” causing the change in your life.

Weakness #1: _____

Weakness #2: _____

Weakness #3: _____

Character Strength: _____

Character Strength: _____

Revelation in Hand



DAY

31

Your Leitmotif

DAY

33

Change Takes Work

Use as much detail as possible.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY

34

The Ultimate Boon

Tell the story of the unstoppable ROCKSTAR you are now!

How does “The Thing” shrink in fear before you?

Remember that Kindness is a character strength the Hero *always* employs. Even if Kindness is not one of these character strengths, explain how you use kindness at this moment in your story.

DAY

35

You Have Got to Be Kidding Me

What is one way “The Thing” could turn the tables on you one more time? Describe this in as much detail as you can by creating a complete picture with your words.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Victory



DAY 36

Victory at Last

How does sharing the story of your Hero's Journey empower you to achieve victory?

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DAY

37

The New You

What changes are there in the order of the strengths?

Is it as you would expect? Any surprises?

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DAY

38

A Brand New World

Wrapping up subplot #1:

Go back to Day 1. What is your #1 passion?

Explore how your #1 passion is affected by this newfound ability to apply character strengths.
Is it different? If so, how is it different?

DAY

39

Not an Island

Wrapping up subplot #2:

Go back to Day 3. Who was the person or group that you interact with regularly?

Explore how this relationship is bolstered by your newfound strength of character.

What can you do with your newfound strength of character to help this person or group?
