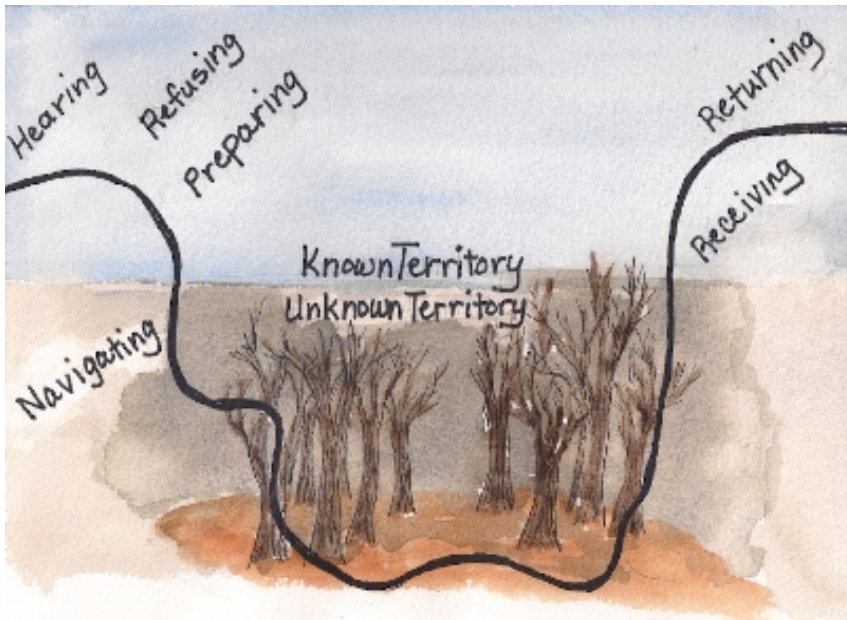


# The Hero's Journal of Life Transition

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## Stages of a Life Transition as the Hero's Journey

Here are the stages of the Hero's Journey of a life transition:

- Hearing the Call
- Refusing the Call
- Preparing for Your Journey
- Navigating the Unknown Territory
- Receiving Gifts from Your Journey
- Returning to Your Community

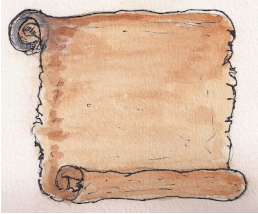
The purpose of this Hero's Journal is to allow you to reflect on your inner transformation journey *as you are experiencing your outer journey of life transition, real time.*

As you work with the Hero's Journey myth, you'll develop the ability to sense which stage you are in at any point, and therefore which inquiries are most relevant.

There are gifts and growth in each stage, so there is huge benefit in moving through the journey consciously and fully engaged.

Remember that, although I have presented the stages as a sequence, in a particular order, your experience may be more non-linear in nature.

## Hearing the Call



You “hear the call” to change. You know that you’ve outgrown something in your life, and you know that something needs to change.

**Your Outcome for this Stage:** To understand the call.

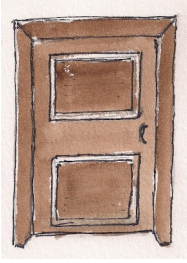
### Questions for Your Reflection

What is the journey to which I am called?

Who am I called to be?

**Tip:** Give yourself some time with this inquiry. Who you are called to be is even more significant than the outer transition journey.

## Refusing the Call



You know that change can be disorienting and uncomfortable, so you stall, resist, or try to beat a hasty retreat from the brink of change.

**Your Outcome for this Stage:** To surrender to Not Knowing (who you are now, or where you are going), and to be willing to go on the journey.

### Questions for Your Reflection

What will allow me to release into the journey?

How can I surrender to Not Knowing?

**Tip: It's radical, and counter-cultural, but very important to give yourself permission to Not Know, until you do know, from the inside.**

## Preparing for Your Journey



You now know you're in a transition, like it or not. So you look at what you need to take and what you must leave behind.

**Your Outcome for this Stage:** To be clear on what to take, and what to leave behind.

### Questions for Your Reflection

What do I take?

What do I leave behind?

How can I lighten my load?

**Tip:** Consider the inner dimension of beliefs, in addition to clearing of physical items, when you think about what you leave behind.

## Navigating the Unknown Territory



You embark into the unknown territory of transition. You've never been here before, and you need to find a way to navigate, because there is no map.

**Your Outcome for this Stage:** To practice accessing your inner guidance and allowing yourself to be guided by it.

### Questions for Your Reflection

How do I access my inner guidance most effectively and reliably?

How do I allow myself to be guided by it, and to trust it?

(Reflections for this stage are continued on the next page.)

Check in with your inner guidance: What is emerging from within me?

Check in with your inner guidance: What are my next steps?

**Tip: The two inquiries for the Navigating stage are ones that you will use, to stay in touch with inner guidance, throughout your whole journey. Establish a daily practice that works for you to access your inner guidance.**

## Receiving Gifts from Your Journey



You meet your challenges with heretofore unrecognized inner resources. You transform by learning valuable lessons and skills about yourself and your life.

**Your Outcome for this Stage:** To identify the gifts I have received from my journey.

### Questions for Your Reflection

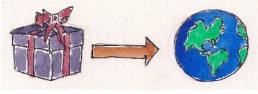
What are the inner and outer gifts that I have received as a result of my journey?

Who am I now that I wasn't before?

**Tip:** This is a deep and valuable inquiry; it may take weeks of meditating on these questions to discern the answers; it will be worth it.



## Returning to Your Community



You complete your transition, and, metaphorically, you return home. This is a homecoming to your authentic self. You share your valuable gifts and lessons with your community.

**Your Outcome for this Stage:** To give your gifts back to the community.

### Questions for Your Reflection

What is possible now?

What is mine to give?

How can I serve?

**Tip:** The gifts you have received from your journey belong to your community. Find ways to share them that bring you a feeling of purpose and meaning.

## Where Wayfinding Coach Comes In

I specialize in helping you find your way through the unknown territory of your life transition, with power, energy, clarity, and focus. Everything I do on the [Wayfinding Coach website](#), and in my work, is focused with this purpose in mind