

The Hero's Journey Workbook

by Danilo Tambone, Transformative Coach

Welcome!

If you've been sensing that limiting beliefs are keeping your own potential at bay, you are in good company.

For all of my life I've been a master at mentally limiting myself, while at the same time pushing beyond my comfort zone to show that I could do it. An eternal struggle that did stretch me thin until I almost crashed.

Then I found ways that have been serving better both myself and... my Higher Self.

In particular I discovered that the **Hero's Journey** by Joseph Campbell, as described especially in the books "*The Hero with a Thousand Faces*" and "*Pathways to Bliss*", is a **powerful metaphor to describe our own journeys of transformation and to tap into a higher Wisdom** - an always present sense of inner knowing telling us what's the next step to take to unleash our potential and enjoy our life at the fullest.

No shiny armor, sword, or shield here though - just **our progression as "spiritual beings living a human experience"**, as Pierre Teilhard de Chardin used to put it.

It's a sense of accomplishment and contentedness that goes beyond any trick or technique.

It's that kind of knowing that, once you experience it, you want the whole world to live into it. That's why this workbook, and the book that soon will follow, are coming to life.

In the following pages **your Hero's Journey will disclose before your eyes.**

In order to present the Journey in a clear and effective way, I've integrated the path set forward by Campbell with explanations of each stage and examples from my own personal experience.

What is this Workbook about?

This Workbook will help you tap into your own creation process and let liberating insights emerge. Your potentials are just waiting to be unleashed.

I truly believe that **You Are NOT Your Story**. Your story is what you tell about the series of events you've been through, but you are much more than that.

Yet, by looking at how you experienced your story, you can get profound insights on how connected you are, and have always been, with the Flow of Life, and on what's your next step to take on your path of material and spiritual experience.

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I see several steps in the Workbook. What are they?

This Workbook may look like a **map showing the checkpoints along a Journey of personal discovery, but it's actually much more than that.**

Each step is a metaphor of our human experience. The more your resistance in that area, the tougher for you to go beyond it. The more you're aligned with the natural flow, the more fluid and enjoyable your experience.

How does the process work?

You'll kick it off by **writing down a timeline of the key events in your life.** This will help you let the juices flow and put in perspective your life events and how you experienced them. More instructions on this later.

Then, identify the pivotal moment, the Call to Adventure, that has set your Journey in motion.

Finally, go through the Workbook step by step and be open for insights and Aha-moments. They'll come!

How should I fill the Workbook in?

After creating the timeline, I suggest you to go through the whole Workbook, read the descriptions and the examples from my own story, get a grip around the process, and see how each area "calls" a moment of your life. Then, go back at the very start and write down your memories, one area after the other. Feel free to use a notebook if you need more space to write!

Also, you could set aside some focused time to go through the whole workbook in one single session, or split it into several sessions. Follow your intuition and see what's best for you.

Should the events in my story happen one after another, or could they be separate ones?

For the examples that you'll read here and that come from my own experience I've focused on one of the most significant (and tough) periods of my life. It encompasses around 10 years.

When I first wrote down the events from my story, I've been the first to be amazed that they had happened in the exact same sequence of Campbell's Hero's Journey. It was like recognizing into them the texture of an archetypal Flow of Life.

It is very likely that you too will discover a sequential thread of events in your life. If, as for now, this is not apparent yet, just let the events emerge and see what happens next.

New paths may become evident as you take confidence with the environment.

On another level, since these are life metaphors, rest assured that most, if not all of them, have already presented themselves multiple times in your life and will continue doing so as you move forward.

We actually take many Hero's Journeys, and they can overlap too.

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Is there anything I should focus on when bringing events to mind?

As you'll realize by reading the examples from my own story, **the focus is on how you intimately experienced the event, not the event in itself.**

As we'll discover together, **the events are representations of your inner journey, and not vice versa.** More on this later on.

Is there a "standard time" between steps?

Being it an inner journey, there's no "standard time" between a step and the next one.

As you'll see by reading my own Journey along the steps, between an area and the other there could be years, months, days, or just the blink of an eye.

General rule: the more in line with the flow you are, the shorter the time to move to the next one.

Are all of the steps necessary, or may some not apply to me?

While we should **not** see these areas as "*mandatory steps of a process-driven methodology*", it's also true that these are universal metaphors of inner discovery. The same Campbell used to explain that, whenever in a myth one of those areas didn't apparently show up, they were just implied somewhere else.

If any of them does not, or not yet, seem to resonate with your own story, don't crash your head and just move forward. Maybe something will click later on.

The descriptions and explanations are a bit too short. Where can I read more?

I'm currently working on a book that will cover each area in detail with more examples and exercises.

You can learn more at www.danilotambone.com/herosjourney.

You are talking about "Heroes"... I don't know if I qualify.

You do, indeed.

There is nothing for you to demonstrate. Knowingly or not, the Hero is You, by design.

Woman or man, this is YOUR journey, and you are already on it.

And now... hurry up! Your Journey is waiting.

TIMELINE EXERCISE

Why creating a timeline?

The best way that I've found so far to start the exploration of your Hero's Journey is by creating a timeline of your key life events.

I suggest you do it for two main reasons.

Firstly, because we live "fast lives" and rarely reflect on what we've been through. We take for granted that we've always been as we are today. That's not the case. The simple fact of writing down those events will give you a sense of the motion and evolution that you've been through for all of your life. Afterwards, we will reflect on how those events were representations of your flow of thoughts at that time, but as for now let's focus only on the events.

Besides, I suggest creating a timeline because we oftentimes tend to "reinvent" our past and to create connections in our mind based on what we want to believe - "*I did this because this happened before*", while in fact it was the opposite. Having a clear timeline could help you see a divine texture that was maybe previously hidden from your eyes.

Are there specific events I should be looking for?

Start with your birthday, of course!

Then write down:

- When you started your schools at various grades, University, etc.
- If and when you relocated
- When you started working, and when you changed jobs
- Any accident / hospital / surgery / therapy etc.
- If and when you got married, divorced, had children / children went away
- Loss of dear ones
- When you acquired new skills / certifications / took courses / gave courses, etc.
- Trips that you had
- Important people that showed up in your life
- Anything else meaningful to you.

How precise should I be with dates?

Write down the exact dates anytime you can, otherwise go with month and year, or even just year for starters. You might investigate more in detail later in case it makes sense to you.

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Any suggestion on how to find when events have happened?

It could be useful checking your paper daily planners, the calendar on your iPhone, specific emails sent to and received by specific people, your WhatsApp / Messenger / Social Media etc.

And of course asking people whose memory you trust!

Should I use pen and paper, or is there any digital tool you suggest?

I started with pen and paper, but it soon became overwhelming. New past events were popping up as I was deepening my research, I was adding too many asterisks since there was no space between the lines, and the timeline started losing clarity.

That's when I've been looking for digital tools.

The best app that I've found so far, and that I currently use, is **Moleskine Journey** at <https://global.moleskine.com/en/journey/p0473>.

You pick dates and write down your events, and can afterwards export your timeline as a PDF.

It has a free trial and then a subscription, and you can use it on multiple devices. It's actually much more than a timeline creator, and I recommend it.

Please let me know anyway if there is any other app in your opinion worth trying!

As an alternative you may simply use a Word or an Excel file, where it's easy to add lines and move things around.

And now, before proceeding with the rest of the Workbook, it's time to create your timeline!

If you still have doubts or need help on the process, feel free to contact me at <https://www.danilotambone.com/contact>.

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Hero's Journey schema is from Joseph Campbell's *The Hero with a Thousand Faces* (New World Library)
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1. DEPARTURE

1.1 The Ordinary World

Here's where everything begins. The Hero is unsatisfied with current conditions. Something has to change. But how?

While there may be nothing wrong with an "ordinary life", there are times when we sense that we are just getting by and that something is missing.

Have you ever felt it this way?

In 2012 I was working in the Renewables sector. There were signals that the economic crisis was going to hit the industry, as it had already happened with the Constructions sector that I had come from. I had no idea where to escape, and I kept dragging along, day by day.

1.2 The Call to Adventure

This is the point when the Hero is informed that their life is going to change, willing or not. There may be a herald, or a sudden event that changes everything.

Was there a moment when you realized that you had to make a life-changing turn? Or when it happened something that turned your life upside down?

In mid-December 2012 I was made redundant as an employee. With the complete stalling of Renewables and Constructions, and with the economic crisis that had made Companies stop hiring, this was a major call to reinvent myself, out of those industries and with the flexibility of a freelancer. And to me, both scenarios were scary as hell.

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1.3 Refusal of the Call

The Hero might at first refuse to heed the call, because of fear, insecurity, inadequacy, or existing obligations.

Stepping out of the world as we know it could be scary.

Was there a moment in your life when you knew you had to step out of your comfort zone but you didn't have the courage / confidence / possibility to do it?

For almost 2 years I then did all what I could to stay out of the unknown, telling myself that sending more CVs, even moving to another Country, which I did for some months, would let me find another job. Except for a few gigs, all was in vain.

1.4 Supernatural Aid

When the Hero commits to the Journey, material or spiritual helpers come to aid.

Sometimes we might not realize, but when we open up to get out of our comfort zone unexpected supporters come and help us. Often they are people, but they could also be specific events that pop up out of the blue. Have you ever experienced it?

Building on my passion for technology, I decided to prepare to move into IT. Got Agile and IT certifications, and opened up to becoming a freelance. Three people showed up: two entrepreneurs willing to give me a chance to transition, and an accountant helping me on the fiscal part.

1.5 Crossing of the First Threshold

The Hero leaves what is known behind and ventures into the mystery of the unknown.

When we accept the challenge of the "New" and overcome what we believed was true and static, the environment changes. It may appear as an external modification, but it's in our inner world that we are discovering a new reality.

When has that happened to you?

I registered for VAT. One of the two entrepreneurs gave me a job as an IT consultant in Switzerland, having me physically cross the borders of Italy. I published an online course on Udemy and got interviewed on two podcasts because of my career transition.

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1.6 The Belly of the Whale

The Hero enters a dark place of introspection, disappearing from the previous world, ready for a metamorphosis.

When we overcome a change that really touches our inner world, we may be totally absorbed into the transformation. It's like going undercover in a Lab where we can experiment a new way of being before using it in real life. Does this resonate with a specific experience of your life?

Since I was spending the whole working week abroad, I had literally disappeared for my family. I kept on studying and reflecting on my change to increase my sensitivity into the new world and to integrate it into my new life.

2. INITIATION

2.1 The Road of Trials

The Hero undergoes tests, tasks, and ordeals, to begin the transformation, sometimes failing one or more of them.

As we progress with our inner transformation we may happen to confront ourselves with our past beliefs, fears, demons, and dragons. When we relax into the flow of creation they just go away but, if we hold ourselves back, the fight may overcome us. Have you ever experienced anything like this?

The project in Switzerland reaches its successful completion and I come back home. I start interviewing with local IT companies for a new job, but they don't believe the shape-shift that I had actually gone through. I know I'm not a fraud, but they don't follow up. My ego gets crushed once more.

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2.2 Meeting the Goddess

The Hero experiences unconditional love, the union of opposites, and starts seeing him/herself in a non-dualistic way.

The challenges that we have gone through may shed a light on potentials of ours that we didn't even know. When we integrate this "enlarged vision" into what we thought we were, beyond our previously limiting identity, a new awareness opens up. We are no more "this OR this", but... "this AND this". We fall in love with our Self.

Do you remember a moment in your life when you experienced something similar? If not, how would your vision about yourself change if anything like this would ever happen?

I start understanding that my happiness and sense of worth don't have to depend on external validation. I embrace myself. I realize that the transformation and consequent inner integration that I have undergone is somehow unique, and around that uniqueness I should build my path forward.

2.3 The Temptress

The Hero may be tempted to abandon the quest, but finally gets back on track and feels repulsion for material temptations.

After the initial struggles, and having been away for so long from our past comfort zone, we may be tempted to throw away the towel and get back to past behaviors. But life points in only one direction, which is forward. There's no going back, since we have anyway changed inside, and what was meaningful in the past doesn't hook us anymore.

Have you ever found yourself in a similar situation?

An online Masterclass promises that in 90 days I'll be able to deliver to the market a new product or service with exceptional results. I'm tempted by the idea that I can reach success by teaching online from home without begging for a job from those Companies who hadn't believed in me. I invest in the program all the money earned that year, only to discover, at the end of the program, that I'm not ready yet for the self-entrepreneurial life they promote. Illusion and delusion. My heart sinks.

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2.4 Atonement with the Father

The Hero confronts what holds the ultimate power in their life. The person, as it has been so far, might "die" so that a new Self may come to life.

There are moments when we finally look in the eyes the fears that were hiding behind our resistances. Those fears sit at the base of what we label as "our own identity", that's why getting rid of them hurts so badly. We may experience it as a deadly Ordeal.

Though, when we recognize that we are not "that little self" and that we can expand into an innate Wisdom that is larger than anything we may have experienced thus far, fears disappear, potentials open up, and any wound is healed. All is well.

Have you ever truly let go of your past beliefs and your past self in order to overcome a life-or-death crisis in your life?

I am devastated. I feel I've deluded myself and my dear ones. I feel like a failure.

Suicidal thoughts come to mind, but, one second before it's too late, a final remaining bit of lucidity tells me to hold back.

I accept that "I need to ask for help". I accept to start psychotherapy and to let go of the past self that isn't serving me anymore.

2.5 Apotheosis

The Hero goes beyond the opposites and reaches a divine state of love, compassion, bliss, and knowledge.

This is the time to shine. After all the dark, light fills everything. Potentials show up with no effort from our side. We are renewed inside, and the outside takes notes and can't but adapt.

When in your life have you felt like riding the wave, beyond any definition or limitation, one with "All That Is"?

Synchronicities start to pop up one after the other. The other Consultancy Company gets a sudden burst of requests for training in project management and in the agile field for their clients, and asks me to be a Trainer for them. Besides, I get a long term contract with one of their clients as a corporate coach. It's 100 miles from home, but it's an exceptional chance and I get it. I'm in awe.

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2.6 The Ultimate Boon

The Journey so far has prepared and purified the Hero in a way that a precious and transcendent achievement can now be seized.

The "boon", the treasure, may look like a material object or result. What counts, though, is the expanded consciousness that gets ignited in you. The Journey so far has changed you in a way that things will never be the same.

When in your life have you experienced such a heightened awareness of your Self?

I'm no longer attached to a "self-identity". I learned to stay flexible and to experiment with what life discloses in front of me, every time discovering more and more of my true Higher Self. Freelance consulting provides me with a freedom and an ability to adapt to a changing environment that were unimaginable to me before.

3. RETURN

3.1 Refusal of the Return

The Hero might linger in that beautiful place and refuse to come out of it.

Once we touch our true Self we may be tempted to remain in it and keep it for ourselves. Who would understand it, by the way? Yet, we sense that, in order to truly integrate that awareness into our being, we have to take it back to our Ordinary World and share it.

Have you ever been hesitant in sharing your insights with people around you, maybe for fear of losing that "bliss" or of not being understood?

My experience with that long term corporate coach job was to me so pleasant that I wasn't realizing that it was just a part of the Journey and not its destination. I realized that I had discovered something that I had to share with the world, and to do it I had to metaphorically come back home.

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3.2 The Magic Flight

Sometimes the Hero has to rush away with the treasure if that's been taken away from someone. Or, unexpected events push us forward all of a sudden, in a way we couldn't have done by ourselves.

Past beliefs and ways of being could still be passing thoughts in our mind. It's time to make the final jump into our Self and not get caught back in the web of the past.

Decision and clarity come with the Journey and propel us forward.

When in your life have you made a jump away from past situations, determined to hold your own power?

Covid-19 brought me physically back home all of a sudden.

For some months I continued with the consultancy job for the same final client by working from remote.

3.3 Rescue from Without

The Hero may need external help to get back to everyday life, especially if wounded or weakened by the quest.

Sometimes we have to be supported by a gentle hand to cut off cords and finally go beyond a past identity that doesn't serve us anymore. Have you ever experienced that?

After 3 years and a half the final client terminates the contract.

The old Danilo would have suffered it as bad luck, a defeat, and a failure.

But I had changed inside and I was serene.

There was for sure a higher plan. I was sensing a world of opportunities opening up.

3.4 Crossing of the Return Threshold

The Hero gets ready to integrate the gained wisdom into common life and share it with the world.

Now the rubber meets the road. We feel like awakening from a dream and seeing our past Ordinary World with new eyes. Nothing has changed, but everything has. We think and act differently, because we now embody our Self and behave consequently. When have you noticed that into your life?

It was time to publicly launch the online Coaching Business that I had already started with selected clients - 17 years of corporate know-how integrated with my coaching skills, at the service of Pros.

I created a website, and in the following two weeks I had more coaching conversations than in the past two years.

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3.5 Master of the Two Worlds

The Hero achieves balance between material and spiritual, outer and inner world.

The previously perceived boundaries between inner world and outer manifestation dissolve. When we see external events getting stuck in our lives, we check inside and see that it's our thoughts that are stuck. When we let them go, we see situations transform and solve by themselves. We feel content with the material resources that support our journey, and feel one with a Wisdom that is larger than ourselves.

Have you ever experienced this, even as a temporary sensation?
What if this were your natural state of being into your Ordinary World?

Three weeks later, without me looking for a job, another consultancy company contacts me for another long term job, still as a corporate coach but based in my city, and anyway in remote working for the Covid time being. Again, I'm in awe.

I remain a lucid and humble witness of the blissful and effortless creation that continues to unfold in front of me.

3.6 Freedom to Live

The Mastery of the Journey leads to freedom from the fear of death, which is the freedom to live in a blissful present.

This is the Hero's new Ordinary World.

We are One with the Flow of Life. What's physical comes and goes, yet we see that we are One with that place where Miracles occur and Potentials come to form. That place is permanent, not transient. Whatever goes around, we are grounded into a limitless Source of unconditional Love, Understanding, and Peace, and the material present that we experience responds to that. We may still have our human ups and downs, yet they pass quickly and as quickly we settle back into Flow.

The sharing of this "State of Being" comes as a one thing with our simple "Being in the World".

This is the final reward of the Journey.

Are you ready to embody it and journey again?

The experiences of these last years have taken me to places I would have never imagined.

I am no longer limited by a "self". By following my Bliss, I've seen the unleashing potentials of a Higher Self that operates through me when I relax into the Flow and remember Who I Am. This is the right time to share these insights with the world... and this is where this book comes from.

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CONGRATULATIONS!

You've finished the first review of your Hero's Journey!

What's the most important insight that you've gained so far?
Feel free to share it at <https://www.danilotambone.com/contact>.

As you get confident with the Inside-Out Understanding and your creative process, new insights and Aha-moments will pop up. Be prepared!

If you would like to go more in depth and get new resources as I create them, I recommend you to go and check www.danilotambone.com/herosjourney and subscribe to the newsletter if you haven't yet.

Right now I'm working on a book that will go into details for each area of the Hero's Journey, with examples and exercises.

And, by the way:

Would you like your Hero's Journey to be showcased in my new book?

You could be selected, and your story would be a real and inspiring example for the readers!

Of course, anonymity will be granted unless requested otherwise by you.

To know more, check this link:
<https://www.danilotambone.com/post/would-you-like-your-story-to-be-showcased-in-my-new-book>

I'm looking forward to hearing about your success.

Happy Journey!

With Love,

