THE HERO'S JOURNEY

12. Return with Elixir
11. Resurrection
10. The Road Back
  9. Reward, Seizing the Sword
  8. Ordeal, Death & Rebirth

1. Ordinary World
  2. Call to Adventure
  3. Refusal of the Call
  4. Meeting the Mentor
  5. Crossing the Threshold
  6. Tests, Allies, Enemies
  7. Approach

ORDINARY WORLD

SPECIAL WORLD

THE HERO'S INNER JOURNEY

12. Mastery
11. Final attempt(s)
  Last-minute danger
10. New challenge and Rededication
  9. Accepting consequences of new life
  8. Big change with feeling of life and death

1. Limited awareness of problem
  2. Increased awareness of need for change
  3. Fear; Resistance to Change
  4. Overcoming Fear
  5. Committing to change
  6. Experimenting with new conditions
  7. Preparing for major change