

# Hero's Journey



**The Goal:** To think about life with less boundaries and more solutions.

**Materials:** Notebook paper, something to write with.

A common story element that we see in movies, books and other narratives, is the element of the “hero’s journey.” The hero must go through trials and tribulations in order to return victorious and with a new perspective and new strengths. Think of yourself as the main character in your own story. *You* are the superhero.

**Step 1:** Think about a situation in your life that has been causing you stress. From the perspective of being a hero, write about how you would handle this situation.

**Step 2:** How were trials and tribulations an important part of the narrative you have written? How will you be stronger after it?

We must go through situations that make us uncomfortable in order to learn and grow from our own experiences. Growing includes the trials we face becoming trickier as we age because, like the hero, we have been made stronger by our journey.

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***Indigo Indicators:*** Internal: Resiliency

***CASEL Competencies:*** Self-Management

***Ramp Behavior Standard:*** B-SMS 7 Demonstrate effective coping skills when faced with a problem