The Hero’s Journey*

Act I: Ordinary Girl in an Ordinary World

The Ordinary World
Call to Adventure
Refusal
Meeting the Mentor
Crossing the Threshold

Act I ends with the heroine leaving her comfort zone, embarking on adventure.

Act II: Ordinary Girl in an Extraordinary World

Tests/Allies/Enemies
Approach to the Innermost Cave
The Ordeal
The Reward (Seizing the Sword)

Act II ends when the magical world transforms the heroine.

Act III: Girl, Extraordinary: The Dream That Cannot Last

The Road Back
The Resurrection

Act III ends with the heroine transforms the magical world.

Act IV: Recreating the Ordinary World

Return with the Elixir

Act IV brings us back to an ordinary world, back to where we began, but it is an ordinary world made better by the heroine’s journey and by her actions

* Terminology from “The Writer’s Journey: Mythic Structure for Writers” by Christopher Vogler
Easy Mapping of the Hero’s Journey

(1) You need to think of two things: What your hero(ine) needs (the sword) and what your hero(ine) wants (the elixir). In other words, what does your hero want, and what is preventing him from getting it?

(2) Show, briefly, your hero in a light that reveals his lack and his longing, and a world in which it seems impossible for him to achieve his goals.

(3) Create your Call to Adventure: Imagine your hero falling through the looking glass. Create a world – or a glimpse of a world – that is the opposite of your hero's ordinary world. It should be both tantalizing and terrifying.

(4) Create your Ordeal scene: Imagine an event that will test your “ordinary” hero and reveal to him that he possesses the very thing he needs to get what he longs for. Give him his gift. Let him rejoice.

(5) Now yank away all joy.

(6) Create the Resurrection scene: Imagine a scene in which your protagonist can use her newly acquired (or discovered) skill/power/gift to achieve her goal BUT there must be some reason she is reluctant or afraid to do so (i.e., there must be conflict in that scene).

(7) Create the Return: Show your heroine with the elixir, in a “new normal” where the ordinary world is transformed to one in which the heroine has the very thing she longed for but that seemed unattainable in the first scene.
(4) Create your Ordinary World: How can you best portray the heroine’s life without the elixir (her lack of self-confidence, her distrust, her immaturity, etc.)?