



juliebouché

# The Journey Blueprint Personal Journal

Following the hero's path to take control of your life's story

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Your Journey is the key to finding your life's purpose right now.

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[thejourneyblueprint.com](http://thejourneyblueprint.com)



## INTRODUCTION

Finding your path is rarely the problem. You are already on it. The question is: where are you on the path? And how does knowing where you help you get to where you want to be?

This workbook contains the reflection questions from *The Journey Blueprint* but with space for you to write out your thoughts, feelings, and connections. Taking the time to not only think of examples, but to also search your own experiences can have a profound impact on your ability to both see and embrace your Journey.

Remember: This Journey is yours and yours alone. What you make of it will determine the end of your story. Start being the Hero you are meant to be.

It's time to become the Hero of your Journey.

# CHAPTER ONE: At the Very Beginning

## Part I: Literary Journeys

Take a moment to consider some of your favorite stories.

What is the beginning situation for the main characters in these stories? Are they unhappy? Oblivious? Tormented? Bored?

Consider the establishment of the baseline for that character. What do we know about them? About their world? About the circumstances that they are living in? What rules are they subject to?

“The journey of a thousand miles begins with a single step.”

--Lao Tzu

# CHAPTER ONE: At the Very Beginning

## Part II: Real-World Journeys

Take some time to consider an experience you have had with a Journey in the past, or one that you are currently experiencing. Reflect on the following questions:

What were the rules that defined your world?

Were those rules spoken? Were there any unspoken rules?

What was your physical/emotional/mental state before you started the process?





# CHAPTER TWO: Change Is Coming

## Part I: Literary Journeys

What Calls can you think of from your favorite stories?

Can you tell if they were Invitations or Mandates?

What changes did the Call bring to the Hero's life?

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*We must be willing to let go of the  
life we planned so as to have the  
life that is waiting for us.*

--Joseph Campbell

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# CHAPTER TWO: Change Is Coming

## Part II: Real-World Journeys

Thinking about the Calls in your life, consider the specific forms that Calls can take:

- A direct invitation to do something
- Opportunities to learn something new
- Frequent or recurring desires to start (or stop) doing something
- Regular experiences that demonstrate a gap between who you are and who you could be. This can be on the job, in your relationships, etc.

In your life, you are receiving Calls often. What Calls can you identify in your life right now? Write down the ideas that come to mind. Don't feel the need to resolve any of the Calls, just work on being able to recognize the patterns or characteristics. If you can, include how long/how often the Calls have been coming, as well as any thoughts or emotions that consistently accompany them.

Take some time to write about one Call experience, either past or present.

What form did your Call take? Was it an Invitation or a Mandate?

How did you feel about the Call? Eager to accept? Hesitant?

Did you refuse the Call before you finally accepted?



# CHAPTER THREE: The Farthest Away from Home I've Ever Been

## Part I: Literary Journeys

What Thresholds can you identify in your favorite stories? Is there a physical crossing? A symbolic crossing?

Does the character have a Threshold Guardian? If so, does the Guardian perform their role?

Do they pause before crossing, or march ahead boldly?

What does the crossing represent for the Hero?

# CHAPTER THREE: The Farthest Away from Home I've Ever Been

## Part II: Real-World Journeys

Take some time to think back to experiences that could be considered crossing a Threshold.

Define the Known/Unknown for your crossing.

Was it a physical, mental, emotional, symbolic crossing? Or perhaps it was more than one?

How did you handle stepping into the Unknown?

Did you have a Threshold Guardian? What did they tell you?



START



# CHAPTER FOUR: Brace for Impact

## Part I: Literary Journeys

The Trials and Temptations part of the Hero's story is often the longest. We travel with the Hero through these difficulties, watching them grow, seeing them progress. What examples of Trials can you identify?

Did they experience the Temptation to quit the Journey? How did they respond?

How did they handle the Trials and Temptation?

“Fall down seven times. Stand up eight.”

*--Japanese Proverb*

# CHAPTER FOUR: Brace for Impact

## Part II: Real-World Journeys

Take some time to think about the Trials you experienced on the path toward change. Take some time to write and reflect about these experiences

What experiences might you have had that were frustrating or difficult?

In what ways might you have experienced failure? How did you deal with it?

What was the progression of your experiences? (In other words, how might your experiences have built upon each other?) Consider representing the progression with pictures or visuals.

# CHAPTER FIVE:

## A Little Help from My Friends

Part I: Literary Journeys

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“We need each other, and the sooner we learn that, the better for us all.”

--Erik Erikson

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Think about some of your favorite Helpers and Mentors. What did they contribute to the Hero on their Journey?

What would have happened to the Hero without them?

What perspective do the Mentors have that the Hero needs?

Does the Mentor survive? If so, how do they “step away” to allow the Hero to grow?



# CHAPTER FIVE:

## A Little Help from My Friends

### Part II: Real-World Journeys

Who are the Helpers and Mentors in your life?

What have they contributed to your Journey? Be as specific as possible. Consider writing a thank you note letting them know that you appreciate their influence.

In what ways do you act as a Helper or Mentor in other people's lives?



## CHAPTER SIX: Facing the Mirror

### Part I: Literary Journeys

Consider what Abyss moments you can identify. In what ways did the character(s) hit rock bottom?

What choice were they asked to make? What sacrifice was required?

Was there any water symbolism (rain, snow, lakes, glass, etc.)?

# CHAPTER SIX: Facing the Mirror

## Part II: Real-World Journeys

Abyss moments can vary in intensity, duration, and impact, and because of this they can be hard to identify. You might think of a time when you recognized something in yourself that needed to change, something that was difficult to give up. Or a time when you felt like you had hit rock bottom, and what that experience did for you.

Take some time to write about an Abyss experience that you had, and what that experience did in defining your life today. You might consider questions such as:

What was your experience of the Abyss like emotionally?

What was the choice that you were given?

What was the sacrifice you had to make in order to move forward?

# CHAPTER SEVEN: At Last I've Seen the Light

## Part I: Literary Journeys

Think about the changes and Transformations that came upon characters you are familiar with.

What change in perspective did they receive?

How did their experience in the Abyss, coupled with their Revelation, Transform them?

Did other characters notice the change?

“In total acceptance, almost everything becomes a Revelation.”

*--Frederick Sommer*

# CHAPTER SEVEN: At Last I've Seen the Light

## Part II: Real-World Journeys

Take some time to reflect on the ways you were changed through Journeys of your own.

Can you track the difference between the you that started the Journey and the one who finished?

Take some time to write about some of these experiences. Consider the following questions:  
What did you learn through the experience?

How did your vision or understanding of the Journey, yourself, others, and/or the world change through this experience?

How did the experience change you?



## CHAPTER EIGHT: Game. Set. Match.

### Part I: Literary Journeys

Take this chance to do a comparison of a character who started a Journey, and the character that takes on their Unique Task.

What are the differences between the two?

How did the Journey prepare the character?

What was the Unique Task, and did the Hero know what it was going to be?

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“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us.”

*--Marianne Williamson*

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**FINISH  
LINE  
AHEAD**



**HANG  
IN  
THERE**

# CHAPTER EIGHT: Game. Set. Match.

## Part II: Real-World Journeys

Take some time to consider what Unique Tasks you might have experienced, as well as the Journey that led you to being able to face those Tasks.

Write down your thoughts and feelings about the process and how you changed.

What was the Task that the Journey was leading toward?

Was it what you thought it would be when you set out?

How did the Journey prepare you for the Task?

What was the end result?



## CHAPTER NINE:

# You Can't Step in the Same River

### Part I: Literary Journeys

What types of Returns in stories can you identify?

Think of different stories and see if you can pinpoint which of the three (or combination of the three) the Hero experiences.

What factors influence the type of Return they experience?

# CHAPTER NINE:

## You Can't Step in the Same River

### Part II: Real-World Journeys

How might you have experienced Returns in your life? Take some time to think about the experiences you have had and write about them.

What gifts did you receive as a result of the Journey? Were they internal? External? Both?

Which of the three versions of the Return did you experience?

How did others react to your Return?

What did you do to handle the experience?

# CHAPTER TEN: Thanks, but No Thanks

Take some time today to listen to the different Calls that come your way. What type of Calls are they?

Can you narrow down the Calls into those that seem the most in tune with your Journeys?

What is one Call that you could answer today that would make a difference in your life?

“Destiny is saying yes to the calling we were born with.”

*--Alberto Villoldo*

# CHAPTER ELEVEN:

## Nothing Will Come of Nothing

Can you identify an area of your life where you might be stuck in this “tragic” cycle?

Are there arguments you keep having, situations you keep avoiding, changes you want to make but keep backing away?

Take some time to write about those experiences. Is there something you might do differently the next time you have the chance?



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# APPLY IT!

Use these notes to reflect on your current Journeys, and how you can become the Hero of your story.

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If you would like further insight, guidance, or coaching, come to our website for articles, downloads, and further support.

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