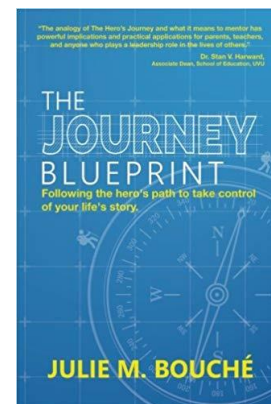


DISCUSSION GUIDE

The Journey Blueprint: Following the hero's path to take control of your life story

ABOUT THE BOOK

We are all on Journeys, whether we realize it or not. What if there was a way to not only survive these Journeys, but to thrive because of them? Author and teacher Julie Bouche outlines the pattern that all Journeys follow, from the sense that change is coming to the complexity of trying to fit back in after major changes have occurred and shows how those same patterns show up not only in literature, film, and television shows, but also in our own lives. Using powerful literary, biographical, and real-world examples, she bridges the gap between the myths and stories we love and our own life stories. This book will take you on a Journey of introspection, power, and clarity as you take the first step toward taking control of your life story and becoming the Hero you are meant to be.



DISCUSSION GUIDE

- The book starts with the personal story of a dark time Julie was facing in her personal life. What changed things for her as she and her family were struggling?
- **Chapter 1:** Julie emphasizes the importance of establishing a baseline not only in stories, but in our own lives. Where would you rank your current satisfaction on a scale of 1-10 in the following categories: Personal Growth, Relationships, Career/Profession, Health, Money, Spirituality, and Fun/Leisure? Do any of those scores surprise you?
- **Chapter 2:** When looking at the beginning of the Journey, Julie outlines the different forms that Calls can take and suggests that we are all receiving Calls at any given time. What Calls do you feel like you are receiving? What is holding you back from answering?
- **Chapter 3:** Leaving our comfort zone can be incredibly difficult. What experiences have you had where you had to leave your comfort zone? What came of that experience?
- **Chapter 4:** The Trials and Temptation section can be one of the most frustrating parts of the Journey process. What strategies do you have that help you to “stick with it” when things get hard?

“We are all on Journeys, whether we want to be or not.

It’s time to start living like it.”

(The Journey Blueprint, page iii)

- **Chapter 5:** The Journey process is dependent on the support we both get from and give to those that are around us. Who are the Helpers and Mentors you have in your life? Who are you a Helper or Mentor to?
- **Chapter 6:** Julie describes Abyss moments as a crucial part of the process, even if that can be hard to see at the time. She speaks of her own experience as not being able to “see the tunnel, let alone the light at the end of it.” Why are these experiences so important? Can you think of any examples in your life of Abyss moments? How did they affect your life?
- **Chapter 7:** While the word “Revelation” can have a deeply spiritual connotation, these new understandings can be just as practical as profound. What new perspectives, understandings, or insights have you received that continue to influence your life for the better?
- **Chapter 8:** Unique Tasks are equal parts Journey experiences as well as the Hero’s own character. What Tasks, because of your own experiences and who you are, have you been uniquely prepared for?
- **Chapter 9:** Going home is something we often don’t prepare people for, and yet they can be so difficult that it can end up being a Journey in and of itself. What experiences have you had with coming home after a Journey? How does knowing about the three categories Julie identified change your understanding of your own Returns?
- **Chapter 10:** What Calls can you identify in your life that you either took a long time to accept, or are still refusing? What support would you need to take action on the most pressing Call today?
- **Chapter 11:** Julie talks about the balance that must occur in order for Abyss moments to be meaningful. In the case of a failed Abyss, how can that knowledge help when you are faced with the same Abyss choice again?
- **Chapter 12:** Which of the five points made in this chapter resonated with you the most?
- What Journeys have you experienced in your life? Have you thought about writing about them to share with others?

ABOUT THE AUTHOR

Julie’s journey began in California but she has spent most of her life in Utah where she lives with her best friend/husband Ryan and six amazing kids. She has been an educator for more than 15 years, with experience ranging from students in public, charter, private, and university settings, to pre-service and practicing teachers. She has also had the privilege of running educational groups in therapeutic settings. Her passion for learning and teaching has led her through two Masters degrees: Master of Education in Curriculum and Instruction, and Master of Science in Management and Leadership; the development of multiple professional and personal development courses; and writing. When she isn’t pursuing those passions, she loves traveling, playing board games, reading, and watching MST3K with those she loves.

“To have the courage to face, and embrace, these Journeys with our eyes wide open is the adventure of a lifetime.”

(The Journey Blueprint, page 137)