

Hero's journey sheet

Title: _____
Writer: _____ Date: _____ Target pages: _____

Christopher Vogler's twelve stages. The places are rough: a share of the script, and the page it suggests in 110 pages. Merge or skip stages your story doesn't need.

Stage	Where, in 110 pages	Your page	In your story
Act One			
1. Ordinary World Home, with what they lack in plain view.	first tenth pages 1 to 10		
2. Call to Adventure Something the ordinary world can't absorb.	about 10% page 11		
3. Refusal of the Call The hesitation, and what it shows.	10 to 15% pages 11 to 17		
4. Meeting with the Mentor Who or what equips them to set out.	about 20% page 22		
5. Crossing the First Threshold The commitment. Going back stops being easy.	about 25% page 27		
Act Two			
6. Tests, Allies and Enemies Learning how the new world works.	25 to 45% pages 27 to 50		
7. Approach to the Inmost Cave Closing in. Plans are made and go wrong.	45 to 50% pages 50 to 55		
8. The Ordeal The greatest danger. Part of the old self doesn't survive.	about 50% page 55		
9. Reward What they take hold of.	55 to 65% pages 60 to 72		
Act Three			
10. The Road Back Pursued home. The turn into the last act.	about 75% page 82		
11. Resurrection The climax. The last test proves the change.	85 to 95% pages 94 to 105		
12. Return with the Elixir What they bring home.	the last pages pages 105 to 110		

THE INNER CHANGE, ONE LINE FOR EACH ACT

Act One

Act Two

Act Three

Archetypes and an example

Roles a character plays at a given moment.
One character can play several.

WHO PLAYS EACH ROLE

Archetype	What they do	Who plays it in your story
Hero	The character whose change the story follows.	
Mentor	Teaches, equips or protects the hero.	
Threshold guardian	Stands at the entrance to a new stage, and has to be passed, persuaded or won over.	
Herald	Announces that change is coming. Often an event rather than a person.	
Shapeshifter	Hard to pin down, and never quite what they seem.	
Shadow	The force that opposes the hero, often a dark reflection of them.	
Ally	The companions who help along the way.	
Trickster	Brings mischief, and punctures pretension.	

AN EXAMPLE: THE WONDERFUL WIZARD OF OZ

L. Frank Baum's novel of 1900, which has 24 chapters. The details are the book's, not the 1939 film's.

Stage	Chapter	In the book
Ordinary World	1	A grey Kansas farm, and Toto, the one bright thing in Dorothy's life.
Call to Adventure	1	A cyclone carries the farmhouse off with Dorothy and Toto inside.
Refusal of the Call	2	The Munchkins celebrate. Dorothy only wants the way back to Kansas.
Meeting with the Mentor	2	The Witch of the North gives her a protecting kiss and the silver shoes.
Crossing the First Threshold	3	She sets out along the road of yellow brick.
Tests, Allies and Enemies	3 to 10	The Scarecrow, the Tin Woodman and the Lion join her; the Kalidahs and the poppy field test them.
Approach to the Inmost Cave	11 to 12	The Wizard sends them west, and the Winged Monkeys carry Dorothy to the witch's castle.
The Ordeal	12	A bucket of water, and the Wicked Witch melts away.
Reward	13 to 14	The Winkies freed, the friends mended, and the Golden Cap in her hands.
The Road Back	15 to 17	The Wizard turns out to be a humbug from Omaha, and his balloon leaves without her.
Resurrection	18 to 23	South to Glinda, who tells her the shoes could have taken her home on her first day.
Return with the Elixir	24	Three knocks of her heels, and she is home with Aunt Em.