The Hero Quest
A Courageous Journey of EGO & JOY

LIFE IS A QUEST. This is the lesson of 4,000 years of human hero quest tales. On all quests the most important moment comes not when the hero slays the monster, but rather when the hero honors his or her true virtues and fears. This map was designed to unleash your hero mind and to honor your personal quest. Quest on... to create a more joyful and unbridled future for yourself and others.

THE QUEST
My Call to Explore & Create Current Quest Goals

1 Personal Goal
   Obstacle/ Monster  One Word Why

2 Family Goal
   Obstacle/ Monster  One Word Why

3 Work Goal
   Obstacle/ Monster  One Word Why

VISIT TO THE ORACLE
Honoring My Current Light & Shadow
(Take other side to complete)

GIFT OF INSIGHT New aspirational core belief

EGO TRICKSTER
Core shadow fear/belief

CONNECTION Heroic Deed #2 • Being Couragously Vulnerable
CURRENT STATE • 1 2 3 4 5
Core value BEING priorities to make it happen:
(e.g., courage, play, acceptance...)

New deeper connection would like & its rewards with new core belief

CREATIVITY Heroic Deed #1 • Play & Exploring the Unknown
CURRENT STATE • 1 2 3 4 5
Current creative stuckness looks like

New creative openness looks like with new core belief

Core trait DOING priorities to make it happen:
(e.g., be more assertive, schedule creative time...)

COMpassion Heroic Deed #3 • Power of Forgiveness & Being Present
CURRENT STATE • 1 2 3 4 5
Other(s) whom need my compassion or presence now

Other(s) whom need my tough love and presence now

New forgiveness I want to now offer myself and/or another with new core belief

THE RETURN
Connection, Compassion & Creating Joy for Self & Others

True love & gratitude looks like (e.g., doing & being)

Villagers celebrating looks like (e.g., doing & being)

NOW WHAT New Hero Quest Mind Gear

Current hero name
Current theme song
New talisman & image

New hero name
New theme song
Re-new-ed mindfulness habits

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Ego: I Am...Here

Joy=
Creativity+
Connection+
Compassion

Ego Paradox:
Doing & Being

What & Who

Know Thyself

Ego: I Am...Here

New Hero Quest Mind Gear

Current hero name
New hero name
Current theme song
New theme song
Re-new-ed mindfulness habits
Visit to the Oracle
Honoring My Current Light & Shadow

JOY QUEST FOCUS
Please rate your current (past week or so) level of experiencing the following facets of JOY: An inner experience of care or delight in connection with others or your environment or the moment...

- **PLEASURE:** Experiencing any of the 5 body senses: taste, touch, sound, vision, aroma
- **RELIEF:** Reduced fear or stress over pain or potential suffering
- **EXCITEMENT:** Doing something new or challenging
- **AMUSEMENT:** From a giggle to a hearty laugh
- **CONTENTMENT:** Satisfaction
- **AMUSEMENT:** Difficult or daring task
- **EXULTATION:** Or potential suffering
- **RELIEF:** Vision, aroma
- **5 bodily senses: taste, touch, sound, smell, sight**

JOY QUEST FOCUS
Review your Joy Facets above and circle:

- A low Joy Facet you want to raise
- An elevated Joy Facet you want to keep
- A lightness and serenity joy

LIGHT MASculine INFLUENCES
Wisdom
- Provider
- Self-Discipline

MIND MAP

- **Apollo**
  - Core values & guiding principles:
    - (e.g., integrity, courage, Golden Rule, honesty, love...)

- **Light Feminine INFLUENCES**
  - Self-Reflection
  - Altruism
  - Calm Power
  - Empathy

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SHADOW Masculine INFLUENCES
Control
- Abused
- Selfish
- Aggressive

- **Dark King**
  - Core values & guiding principles:
    - (e.g., infidelity, courage, Golden Rule, honesty, love...)

- **Shadow Feminine INFLUENCES**
  - Self-Serving
  - Seductive
  - Ego Trickster
  - Wicked

- **Dark King**
  - Core values & guiding principles:
    - (e.g., infidelity, courage, Golden Rule, honesty, love...)

- **Shadow Feminine INFLUENCES**
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- **Light Feminine INFLUENCES**
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  - Altruism
  - Calm Power
  - Empathy

COMMON HUMAN CORE SHADOW FEARS/BELIEFS

- Fear of Death
- Fear of Not Being Good Enough
- Fear of Not Being Loved or Loving
- Fear of Not Being Loved or Not Loving
- Fear of Being Controlled/Not Free
- Fear of Losing/Failing
- Fear of Being Laid Off/Not Free
- Fear of Being Inadequate/Not Free

WIN TYPES
Ego Operating System
- **THINKER**
  - Truth is Found
  - Seeker vs. Cynic
- **DOER**
  - List is Done
  - Creator vs. Tyrant
- **FEELER**
  - Love & Shared
  - Altruist vs. Codependent
- **PERSUADER**
  - Yes is Expressed
  - Sage vs. Manipulator

EBO = Ego Operating System

JOY
- As a result of new belief

LEGEND
- Elements of the Quest

MINDFULNESS DOING
CURRENT STATE

- **1. THINKER**
  - Light vs. Shadow
- **2. DOER**
  - Light vs. Shadow
- **3. FEELER**
  - Light vs. Shadow
- **4. PERSUADER**
  - Light vs. Shadow

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