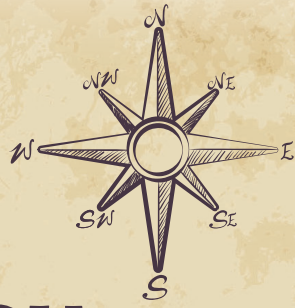
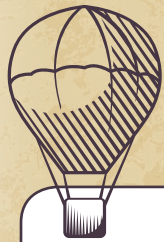


# The Hero Quest



## 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



### QUEST PREP

*Joy Focus & Helpers*

**JOY QUEST FOCUS** *(See other side to complete)*

Elevated Joy Facet to Maintain

Low Joy Facet to Strengthen

**CURRENT HELPERS & MENTORS ON MY QUEST**



### VISIT TO THE ORACLE

*Honoring My Current Light & Shadow*  
*(See other side to complete)*



**GIFT OF INSIGHT** New aspirational core belief

**EGO TRICKSTER**  
Core shadow fear/belief



### CONNECTION *Heroic Deed #2 • Being Courageously Vulnerable*

**CURRENT STATE** ▪ (LOW) 1 2 3 4 5 (HIGH)

What disconnection currently looks like & costs



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

Core value **BEING** priorities to make it happen:  
*(e.g., Courage, play, acceptance...)*

1

2



### COMPASSION

*Heroic Deed #3 • Power of Forgiveness & Being Present*

**CURRENT STATE** ▪ (LOW) 1 2 3 4 5 (HIGH)

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





JOY QUEST FOCUS

Please rate your current (past week or so) level of experiencing the following facets of JOY: An inner experience of awe or delight in connection with others or your environment or the moment...	NEVER 1	RARELY 2	SOMETIMES 3	OFTEN 4	ALMOST ALWAYS CONSTANT 5
<b>PLEASURE:</b> Experiencing any of the 5 bodily senses: taste, touch, sound, vision, aroma					
<b>RELIEF:</b> Reduced fear or stress over pain or potential suffering					
<b>EXCITEMENT:</b> Doing something new or challenging					
<b>EXULTATION:</b> Accomplishing a difficult or daring task					
<b>AMUSEMENT:</b> From a giggle to a belly laugh					
<b>CONTENTMENT:</b> A calm, kind of inner satisfaction					
<b>BLISS:</b> Not thinking about my worries, my lists, my shoulds/should not's					
<b>ELEVATION:</b> Witnessing or doing an act of kindness, play, creativity, or compassion					
<b>RADIANT HONORING:</b> Celebrating another's journey or success or being					
<b>UNHEALTHY JUBILATION OR SCHADENFREUDE:</b> Relishing in other's suffering or laughing at their expense					
<b>GRATITUDE:</b> Appreciation of a selfless act or circumstance from which I benefit					
<b>REJOICING:</b> Honoring and being deeply moved by another's happiness or experience					
<b>ENCHANTMENT:</b> A lightness and celebratory kind of contentment					
<b>SPIRITUAL RADIANCE:</b> A serene joy born from deep well-being, giving to others and compassion					

JOY QUEST FOCUS: Review your Joy Facets above and circle:

- 1 An elevated Joy Facet you want to keep elevated in your life journey
- 2 A low Joy Facet you want to raise in your life journey
- 3 Please note your Joy Quest Focus on other side

Adapted from research of Paul Ekman, Matthieu Ricard, & The Book of Joy, by the Dalai Lama, Desmond Tutu, & Douglas Abrams

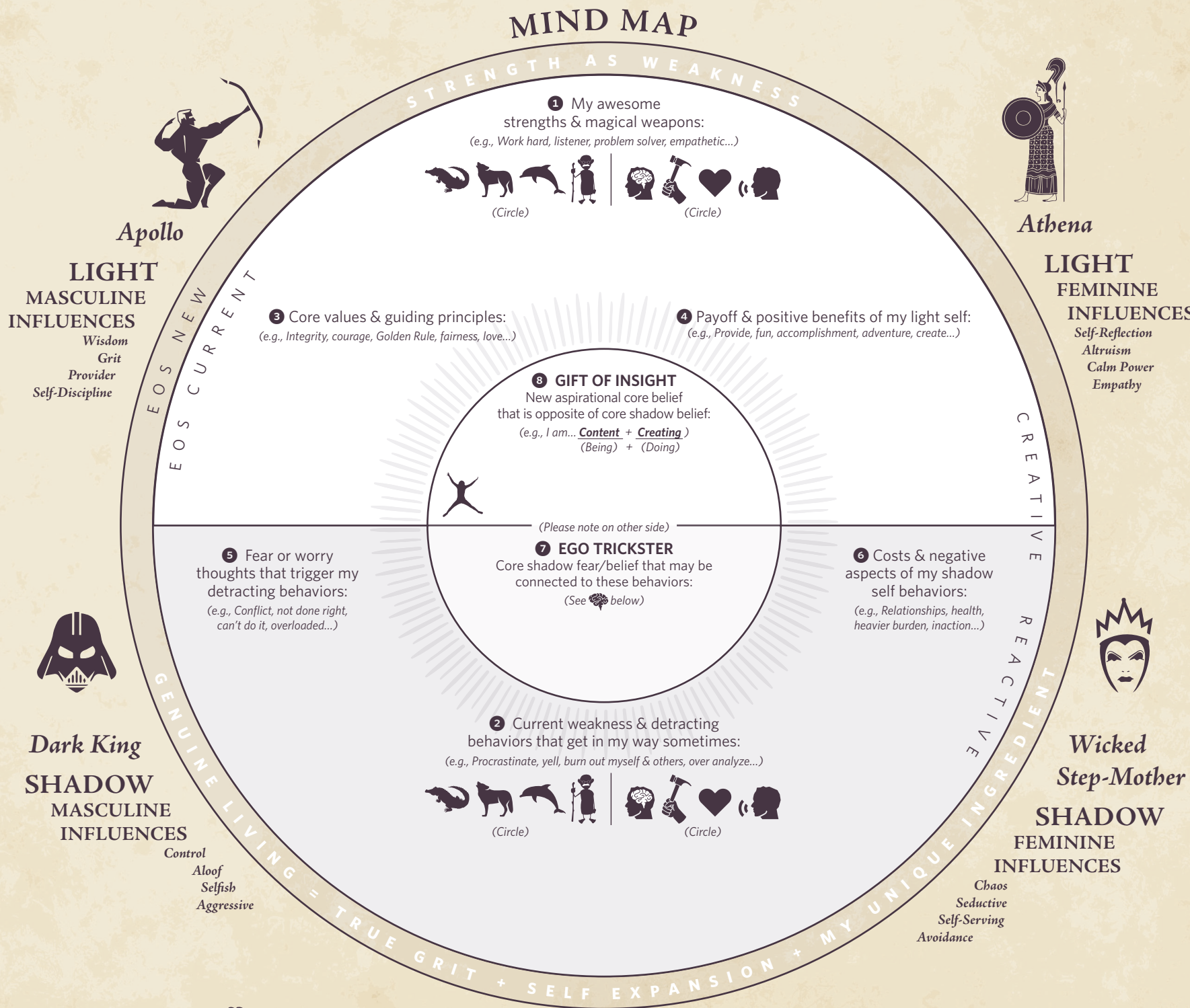
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# Visit to the Oracle

## Honoring My Current Light & Shadow



### COMMON HUMAN CORE SHADOW FEARS/BELIEFS

- 1 Fear of Death
- 2 Fear of Losing/Failing
- 3 Fear of Not Being Good Enough
- 4 Fear of Not Being Loved or Loving
- 5 Fear of Being Controlled/Not Free
- 6 Other:



### MINDFULNESS DOING

CURRENT STATE (LOW) 1 2 3 4 5 (HIGH)

Quest Notes

### LEGEND

• Elements of the Quest •

#### BRAIN WIRING

Core Traits | **Light vs. Shadow**



**GANDHI • BEYOND "I"**  
Greater Good, Altruism, Wisdom, Transcendence, Deep Gratitude  
**Create beyond vs. Aloof**



**DOLPHIN • CREATION**  
Learn, Talk, Analyze, Imagine, Ethical, Enhance  
**Analyze vs. Analysis paralysis**



**WOLF • BELONGING**  
Protect, Feel, Tribal, Self-Sacrifice, Stress  
**Caring vs. Codependent**



**CROC • SURVIVAL**  
Fight, Flight, Freeze, Food  
**Never give up vs. Attack or avoid**

#### WIN TYPES

Ego Wins When... | **Light vs. Shadow**



**THINKER**  
Truth is Found | **Seeker vs. Cynic**



**DOER**  
List is Done | **Creator vs. Tyrant**



**FEELER**  
Love is Shared | **Altruist vs. Codependent**



**PERSUADER**  
Yes is Expressed | **Sage vs. Manipulator**

EOS = Ego Operating System



**JOY** As a result of new belief