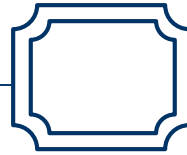


20 Tips to Turn your Life's Tests and Trials into a Life-changing Hero's Journey



from [Exploring the Magic of Your Hero's Journey](#)
By Pat Edwards

20 Tips to Turn your Life's Tests and Trials into a Life-changing Hero's Journey



Do you think that you can deliberately create and set out on a Hero's Journey?

Have you gotten lost on your quest?

Are you feeling stuck in life's daily muck?

I know you can go on a Hero's Journey *on purpose*.

I know you can find your way back to completing your goal.

I know you can change your point-of-view and see that where you are right now is a part of a Hero's Journey.

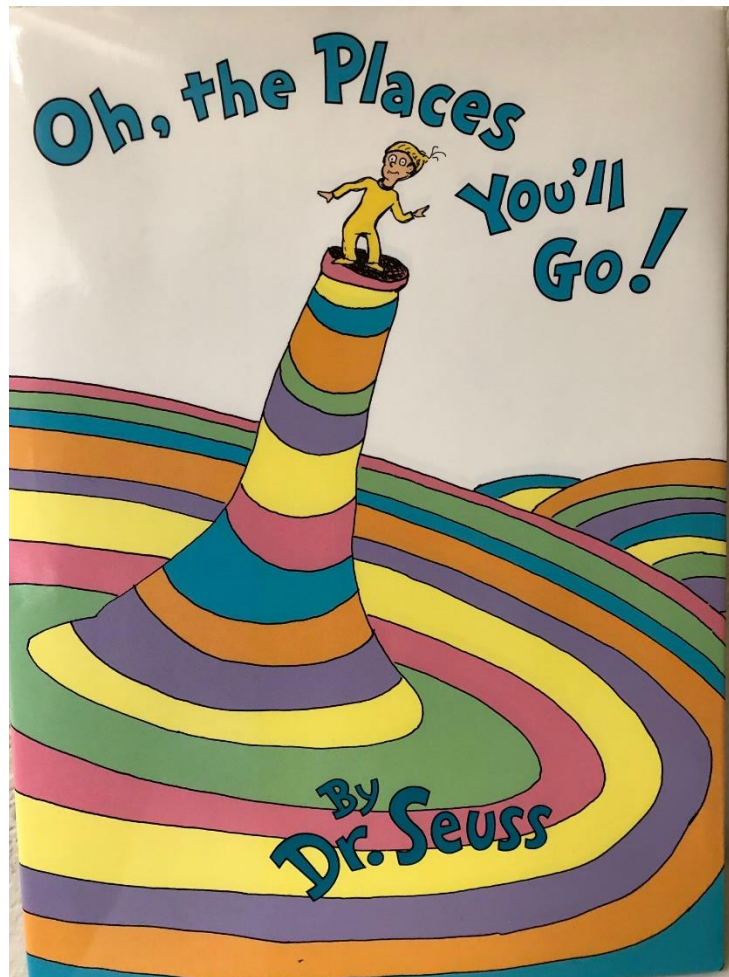
... Here are a plethora of useful tips to keep you on the path

**Stand in the Super Hero Pose for two minutes.
C'mon! Do it right now.**



When you think you can't do it – whatever “it” is – [Dr. Amy Cuddy](#) says to stand in the superhero pose (Think Superman or Wonder Woman–fists on hips, stand tall, feet apart) for two minutes. This pose will decrease your stress hormone (cortisol) and increase your power hormone (testosterone). Stand up and do it right now!

Read *Oh, the Places You'll Go* by Dr. Seuss.



When you read *Oh, the Places You'll Go* by Dr. Seuss.

Pay special attention when you get “to a place where the streets are not marked// Some windows are lighted. But mostly they're darked.”

This is the last book Dr. Seuss published--one year before his death at age 86. So, whatever you're doing; you're not too old either.

Invoke the Rule of Three to Reflect Good Back to Me.



Three-times-three magically reflects what you tell others right back to you. Tell three people today what a good job their doing or any phrase that feels equally empowering to you. Do this three times. Recognizing others' accomplishments feeds your own.

Get Inspiration from other Not-so-Perfect Princesses.



Remember how Princess Leia jumped down a garbage chute? So when you're feeling like you don't have a Disney Princess life, go check out

<http://www.rejectedprincesses.com/> for inspirational stories. Real and mythological, these women overcame some heavy stuff on their own Hero's Journey and you can, too.

Turn it Upside Down, and You'll Turn it Around!



Whenever you get stuck, change your approach by turning your problem upside down or backwards. If you normally write in the evenings, schedule some time in the morning. Can't fit a 30-minute workout in? Do three ten minute sessions. If you can't see how to turn it upside down, ask an ally or your mentor to help you see.

Be on the Lookout for Guardians at the Threshold.



Evidence of the Hero's Journey is all around you. Notice buildings that have guardians at their threshold. The building might be a public place or a private home. You might see a Buddha at a restaurant or a gargoyle atop a church! These guardians remind you that you will be leaving your normal world and entering the space of the Hero's Journey.

Remind yourself: The Guardian is Just Doing Their Job.



And, speaking of Guardians... When you encounter something or someone who blocks your path while on your Hero's Journey, acknowledge that they are a guardian and have an important job to do to test your resolve and purpose. Remind yourself: it's just their job.

Give Yourself the Gift of Patience.



Is one of your tasks taking *forever*? Are you wondering if you will ever reach your goal?

Ask yourself: How long would I let my child learn to walk? The answer is always, “As long as it takes,” isn’t it?

Your Hero’s Journey is the time to give yourself the same patience and kindness you would show to any child.

Buy Yourself Some Extra Underwear.



Add 'Buy some underwear' to your to-do list. Whenever I'm asked, "What should I pack for a Hero's Journey?" I will tell you that there will be a lot of times you're going to need a fresh pair of undies. Trust me on this.

Carry a Talisman.



You may already have one, or you may not even know you have one, but it's important to carry a talisman while on your Hero's Journey. A talisman can be given to you or you can find it just when you need it. Your talisman serves to remind you of many things: you are on a Hero's Journey, you are loved, you are connected to others and you are a part of all that is.

Find a Mentor in an Emergency.



Wherever you are on the Hero's Journey, you need at least one mentor. In an emergency, if you can't reach your regular mentor or you can't find a human, look to your pet and get wisdom from them. Don't have a pet? Look in your yard. There are a lot of critters out there in the sky, a lake, and the ground with wisdom to share and help if you will only look.

Feeling Outcast? You are in Great Company.



When you feel like the “Call” for your Hero’s Journey leaves you feeling like an outcast, spend a few minutes researching some others who were outcasts because of their Calling: Joan of Arc, Vincent Van Gogh, Nikola Tesla, Gregor Mendel, Bernadette Soubiros, Ignaz Semmelweis, and more... You are in great company!

Get Yourself a Theme Song!



You need a powerful theme song for your Hero's Journey. Pick one and learn the lyrics so you can belt it out when you're feeling down. Get your allies to sing it to you for a little extra oomph.

Search the web for places like this one:
<https://www.upvenue.com/article/1852-top-best-life-motivation-songs.html> .

Schedule Some Rest Stops



Schedule rest stops on your Hero's Journey. Put them on your plan *deliberately*. Every study shows that planned holidays and breaks from work (including naps) yield greater results than if you hadn't stopped. Yet some of us still think we have to shove on through and that breaks and naps are for wimps. Not true!

Train Yourself to Stop the Emotional Runaway Train



When your trauma trigger gets tripped, train yourself to immediately move your extremities (hands, arms, feet) in a slow, rhythmic way. [Dr. Bessel Van Der Kolk](#), says to move like you are doing Tai Chi, ballet or interpretive dance. This motion can shift your attention away from emotions riding the Vagus nerve just enough for you to ask for help or get to a quiet place so you can reflect on what happened.

Take a Smoke-free Smoke Break.



Whenever I need just a moment to regroup, I go outside and take a “smoke-free smoke break.” Most of us spend nearly our entire day (and night) inside staring at hard machines.

Take the idea of a smoke break without the icky smoke part: Go outside.

Look off to the horizon. Take long deep exhales.

Stomp a couple of times.

Go back inside.

You Make a Difference in the World.



Are you think that you aren't making a difference in the world? Do you think you don't make a difference in people's lives?

Go watch the movie, *"It's a Wonderful Life"* to remind yourself of the effect one person has on the lives of those around you. Trust that you make a difference in the world, even if you don't see it.

Pay Attention to the Archetypes that Message your Dreams.



An archetype is *your* notion of the ideal of a role. Who or what do you think of when someone says, “Mother?” King? Warrior? Fool? How about Hero? Archetypes are used by our unconscious mind (often through our dreams) to give us messages about ourselves. Pay attention to these roles in your dreams and you will learn interesting things about yourself.

Reach your Goal Just a Few Minutes at a Time.



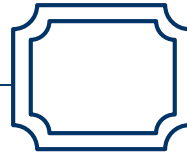
Tasks and goals can feel overwhelming. To beat that feeling, chop your tasks down into itty-bitty, few-minutes-long chunks. Artist and writer [SARK](#) developed *MicroMOVEMENTs* to squash your “To Do” list. Forget “Repot Plant.” Instead list:

1. Saturday: Look at the pretty pots in the garage.
2. Sunday: Move the plant to the counter.
3. Monday: Put newspaper under the plant, and so on until the task is done.

Recount a Previous Hero's Journey You've Completed to Remind You that You can do it Again.



Almost everyone has already completed a Hero's Journey—even if it was very small. Review the [Stages of the Hero's Journey](#) and you'll see that you're already completed at least one Journey. Have you survived a trauma and been able to tell about it? Are you the first in your family to graduate? Have you turned your pain into gifts for others? And more...
You can do it again!



Are you thinking differently about who or what can help you as you travel on your Hero's Journey?

Often asking for help from *anyone* is the hardest part of completing a Hero's Journey and you just can't complete a Hero's Journey alone.

A good reason to ask for help is that when you request help, you allow that person to give you a gift of assistance--a very good feeling gift.

What happens when you see your life as a Hero's Journey?
Visit [Exploring the Magic of Your Hero's Journey](#) for more ideas.

Exploring the Magic of Your Hero's Journey is available on Amazon, Barnes & Noble, and Kobo.