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Hero's Journey Quick Pick Card

Use this guide to shape any memory into a full story.
You don't have to ask every question — just follow the flow.

Step 1: Spark a Memory

Start broad. Invite a moment to come up.

- "Can you tell me about a time that really stands out in your life?"
- "What's a story your family always tells?"
- "Was there a moment when everything changed?"

Step 2: Find the Challenge

Every good story has a struggle.

- "What made that time hard or important?"
- "How did you feel when it happened?"
- "What was at stake?"

Step 3: Discover the Turning Point

Look for the decision or shift.

- "What choice did you or your family make?"
- "Was there a moment you almost gave up — or kept going?"
- "What changed that helped you move forward?"

Step 4: Bring in Allies

Heroes always have helpers.

- "Who helped you through this time?"
- "Did anyone surprise you with kindness or courage?"
- "What support made the biggest difference?"

Step 5: Draw Out the Outcome

Show how things turned out.

- "What happened in the end?"
- "How was life different afterward?"
- "What do you remember most now?"

Step 6: Anchor the Meaning

Finish with reflection.

- "What did that experience teach you?"
- "What do you want future generations to know from this story?"
- "How did this shape who you are today?"

Quick Tips

- Listen for story signals: emotions, turning points, or mentions of key people.
- Zoom in: ask about feelings, choices, and changes.
- Keep it human: pauses, laughter, and tears are part of the story.

With these 6 steps, even a small memory can become a memorable Hero's Journey story.