An Introduction to the Hero's Journey

The hero's journey is a pattern that can be found in myths, stories, and legends from a range of cultures and time periods. From ancient Greece to modern Hollywood and anywhere beyond or in between, the hero's journey is an important archetype (or basic original pattern) from which many stories have been derived.

Ancient hero's journeys (such as *The Odyssey* by the Greek poet Homer or the legends of King Arthur) were not composed with an awareness of the pattern. The modern concept of the hero's journey is largely the product of the scholarship of Joseph Campbell, who studied myths, stories, and religions from all over theto find their common elements.

Modern hero's journeys (such as the *Star Wars* saga or *The Lion King*) were created with an awareness of the pattern and have been criticized for following the pattern too closely. This introduction to the hero's journey is not intended to be a step-by-step process for creating an unoriginal copy of an already existing story. Nor is it detailed enough to cover every element of the journey that you may learn or read about.

Regardless, understanding the basic components of the hero's journey is important because so many stories use it as a foundation. The hero's journey is also a great place to get inspiration for a story of your own.