

Hero's Journey Story Structure

Ordinary World		Special World		Ordinary World	
Ordinary World	The hero in his normal world. It's a challenge but he convinces himself that he is okay.	Crossing the Threshold	The hero begins his adventure into the unknown world without the possibility to go back to safety.	The Road Back	The hero faces a set back on his way home that makes him lose something he gained.
Call to Adventure	Interruption of the "normal" world. The hero has a new desire or must face a problem. His "normal" world is no longer working the way it used to.	Test, Allies, Enemies	The hero learns the rules of the new world and is tested. He becomes aware of his strengths and weaknesses as he encounters enemies and allies on his way.	The Resurrection	Climax. Almost having reached home, the hero must face off again, the hero again must face death. This time he is tested on every level, physical, emotional, spiritual, ... This is the big fight.
Refusal of the Call	He hero tries to avoid the challenge because he is afraid. He tries other means to solve the problem.	Approach to the Inmost Cave	The hero must reach a point deeper in the unknown world and the relationships he has built so far gain intensity. Ideas of the hero about who he/she is are challenged and he/she reaches a deeper understanding.	Return with the Elixir	The hero returns home with what he has finally gained. The conflicts are resolved and the goal is achieved. The hero has reached a higher level of understanding regarding his place in the world.
Meeting the Mentor	The hero needs guidance which often comes in form of a mentor who gives him an important item, training, or self-assurance.	The Ordeal	Facing the greatest fear. The hero faces a "monster" an external representation of his/her inner fears. The hero must face literal or figurative death to be reborn in some form.		
		Reward	The hero wins and gains possession of the reward.		

Character Archetypes					
Hero	Herald	Mentor	Shapeshifter	Trickster	Threshold Guardian
Ally	Father Figure	Travelling Angel	Catalyst Character	Truth-Teller	Family Enabler
Shadow	Mother Figure	Disrupter			

Save the Cat Beat Sheet

Beat	Suggested Page
Opening Image	1
Theme Stated	5
Set-Up	1-10
Catalyst	12
Debate	12-25
Break into Two	25
B Story	30
Fun and Games	30-55
Midpoint	55
Bad Guys Close In	55-75
All Is Lost	75
Dark Night of the Soul	75-85
Break into Three	85
Finale	85-110
Final Image	110

Mini Movie Method Story Structure

ACT 1	
MM 1	Hero's status quo
	Ordinary world
	Ends with inciting incident or "call to adventure"
	Story's main tension or opposition is introduced
MM 2	Hero denies call to adventure
	But is gradually pulled into the conflict
	Ends with hero "locked" into the conflict
	No way out but to solve this
ACT 2	
MM 3	Hero's first attempts to solve problem
	Things anyone would try
	Hero appeals to outside for help
	But all easy ways to resolve conflict are shut down
MM 4	Hero makes a bigger, more extreme plan
	Plan needs preparation, maybe allies
	Plan is put into action but goes awfully wrong
	Usually due to vital information the hero didn't have (about the antagonistic forces against him)
MM 5	Having tried everything without changing, hero realizes change is necessary
	Hero begins to see his own weaknesses
	Hero is driven by antagonistic forces to change or die
	Must retreat to regroup, heal, gain strength
MM 6	Hero has a new plan
	This time ready to change
	Hero puts plan into action
	Plan goes wrong again
	Hero is almost destroyed
	On his lowest point, hero has a revelation
ACT 3	
MM 7	The revelation makes hero see a possible victory
	Goes at it one more time with new energy
	Finally turns the table on antagonist
	Thinks he has won
	But there is opposition one more time
MM 8	Hero fights antagonistic forces one last time and wins
	Wrap up of his story
	As well as sub plots
	He moves into his world as changed person