



Be the Protagonist

How Ayurveda, Meditation, and Theater Can Transform Your Life

by **Maria Schaedler-Luera**

The Hero's Journey

1. Take a few minutes to reflect on your own life journey so far. Think about a significant challenge or obstacle you faced or are currently facing.
2. Identify yourself as the main character in your own hero's journey. What is your main goal in this journey?
3. Identify the obstacle or challenge that you must overcome to achieve your goal.



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4. Consider who or what can help you along the way. This could be a person, a community, a belief, or anything else that can provide support and guidance.

5. Think about how you cope with the obstacle. What strategies have you used or can you use to overcome it?

6. Finally, reflect on how your hero's journey ends. Does it end with you achieving your goal, or is the journey ongoing? What have you learned from the experience?