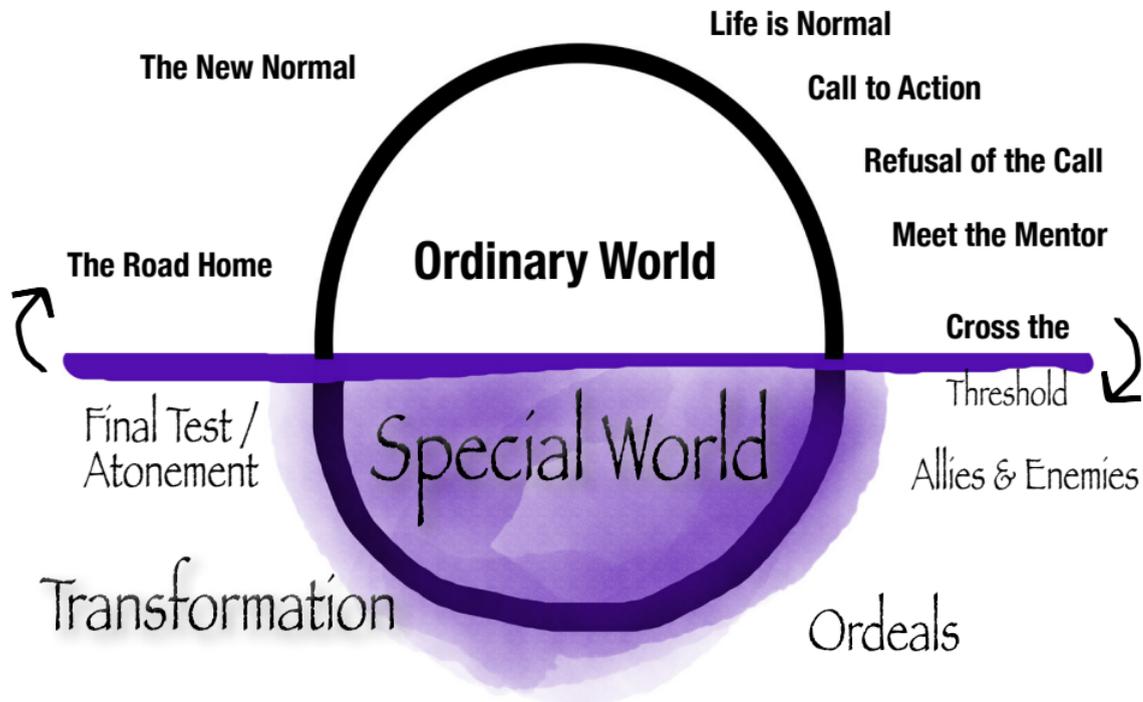




**You** are the hero the horse  
has been waiting for

# The Hero's Journey



# Exercise

## 1. Map out a Hero's Journey for your **horse**

*(If you do not currently have a horse, fill this out for **any** horse real or imagined that you might one day have or train)*

## 2. Map out a Hero's Journey for **yourself**

---

This is NOT meant to be a "goal-setting" exercise. This is about **mindset**.

Thinking in terms of Hero's Journey helps us stay focused on the horse-as-hero, and can help us transition from mindset of what the horse does for **us**, to what **WE** do for the **horse**.

Note: if you are a member in Project Proprius, please share your thoughts and experiences with this exercise in our private community!

# Horse

## 1. Imagine the **transformation** you envision for your horse-as-hero

*One way to think about this: pretend you are a documentary filmmaker following your horse (from a distance) throughout his day, and think about what you would most hope to see as your horse experiences "normal" life. Remember, the transformation is NOT about what the horse does when they're with you... it's not a heroic transformation unless it impacts what the horse does when they're NOT. But your experience with the horse will also reflect that change. We consider OUR benefits with the horse to be a wonderful side-effect— a natural, organic result of the horse's transformation.*

## 2. Now fill in the full journey template on the following pages

*There is no right way to do this. Just play with your own ideas in filling it out. It can help, though, to imagine a classic Hero's Journey story (think: Lord of the Rings, Harry Potter, etc)*

## **1. Describe the horse's *Current Normal***

*What is the horse's day like? How do they interact with other horses? How does the horse feel throughout the day?*

## **2. Describe the horse's *Call-to-Action***

*What challenge or problem is driving the need for change? Remember, this is from the HORSE's perspective, not from what WE want the horse to do.*

### **3. Describe the horse's *Refusal of the Call***

*What does the horse RESIST in this call-to-action for change?*

### **4. Describe the horse's *Mentor***

*Who will be the mentor that helps the horse cross the threshold from Ordinary World to Special World? This might not be you... as you will more likely play the role of ally on the journey. The mentor is the one that helps the horse "accept the call", but they might not be the one ON the journey with the horse.*

## **5A.** Who are the *allies* on the horse's journey?

## **5B.** Who are the *enemies* on the horse's journey?

*Remember, this is the HORSE's journey, though if you are an ally to the horse, then YOUR "enemies" become the horse's enemies as well. Enemies are not necessarily LIVING CREATURES (including people or horses). They can also be our own self-doubts, fears, ego, etc.*

## **6. Describe some of the *ordeals* your horse will face on the journey**

*Our ultimate goal as allies to our horses is to turn those ordeals into stimulating and fun challenges. But we must first recognize what they are, because the road to transformation will NOT be a smooth one. It's up to us whether those ordeals are painful and depressing or exciting and fascinating puzzles and adventures.*

## **7** • Describe the horse's *transformation*

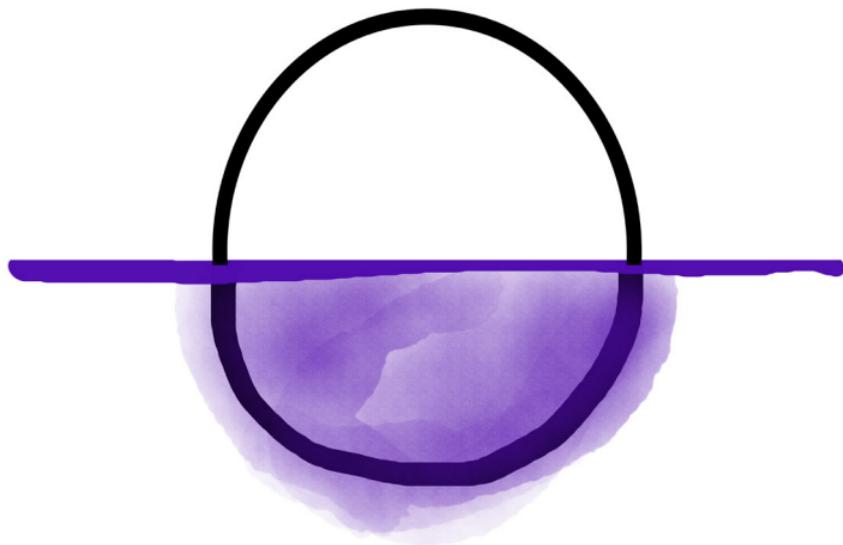
*What is different in the horse? How was the horse changed by the experiences of the journey?*

## **8. Describe the horse's *New Normal***

*Note: in the previous section, you described the transformation of the horse – how the horse's life and/or behavior changes. In THIS section, describe what effect the horse's transformation has on OTHERS, either horses and/or humans. In the Hero's Journey, this is where the hero brings the "magic elixir" back to the village. How is the "village" different as a result?*

## **9. Summarize the horse's journey on the Hero's Journey graphic (next page)**

# **The Horse's Heroic Journey**



# You

## 1. Imagine the **transformation** you envision for yourself-as-heroic **ally**

*Again: pretend there's a documentary filmmaker following you (from a distance) throughout your day, and think about what you would most hope for them to see in your role as ALLY, mentor, side-kick. In other words, YOUR hero's journey here is about becoming the one who empowers the HORSE to be a hero. If you're already in this role, then imagine "taking it to the next level" (perhaps becoming a mentor to other humans as well).*

## 2. Now fill in the full journey template on the following pages

*There is no right way to do this. Just play with your own ideas in filling it out. Again, it can help to imagine a classic Hero's Journey story (think: Lord of the Rings, Harry Potter, etc), and consider YOUR role. Though Frodo was the hero in Lord of the Rings, the fellowship members were on their OWN heroic journeys as his allies, sidekicks, and mentors.*

## **1. Describe your *Current Normal***

*What is your daily life like with respect to being a horse's ally?*

## **2. Describe *your Call-to-Action***

*What challenge or problem is driving the need for change? Remember, this is from YOUR perspective now. What is it you can no longer ignore about YOUR role?*

### **3. Describe **YOUR Refusal of the Call****

*What is it that YOU resist in this call-to-action for change? What has stopped you from wanting to cross the threshold and make the changes you want for your horse?*

### **4. Describe **YOUR Mentor****

*This does not need to be a specific PERSON. It could be a book, an inspiring idea, or even a community. It is whatever gives YOU the strength to cross the threshold. Yes, this might even be just some kick-ass coffee ;)*

## **5A.** Who are the *allies* on ***your*** journey?

## **5B.** Who are the *enemies* on ***your*** journey?

*Remember, "enemies" are not necessarily PEOPLE, but can be our own fears and doubts, events, circumstances, or anything that might test us during our "ordeals" in becoming the hero we wish to be for the horse. But let's face it: when you break from the mainstream horse culture and practices, there will always be resistance from others. We believe most who try to block this path are acting from compassion, good intentions, and their own fears. Change is hard for EVERYONE. We should prepare for resistance, but accept it as a normal part of growth. We can't change anyone else... our best chance is to be a strong example. (Tip: if you refer to this as "just an experiment", people may find it less threatening.)*

## **6. Describe some of the *ordeals* **YOU** will face on the journey to becoming your horse's heroic ally**

*Remember, our ultimate goal as heroic allies to our horses is to turn those ordeals into stimulating and fun challenges. But we must first recognize what they are, because the road to transformation will NOT be a smooth one. It's up to us whether those ordeals are painful and depressing or exciting and fascinating puzzles and adventures.*

## **7** • Describe **YOUR transformation**

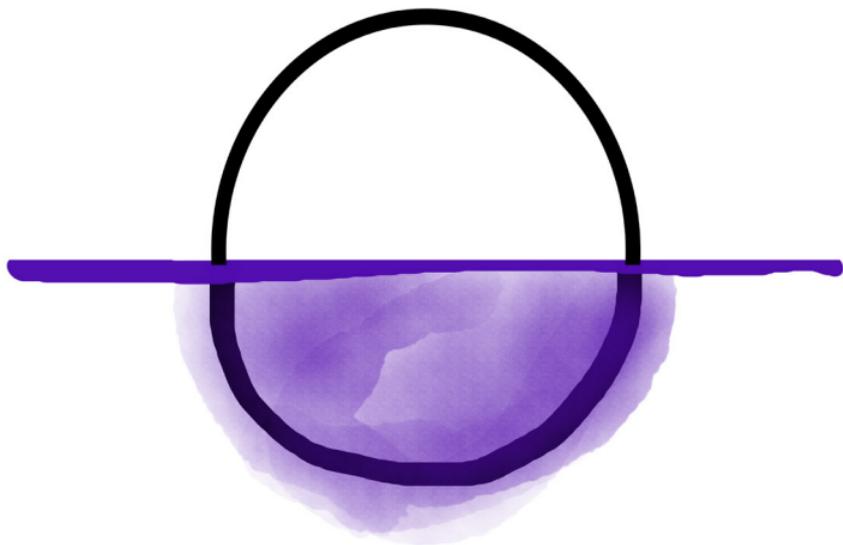
*What is different how you interact with horses? How have YOU been changed by the journey to becoming a heroic ally?*

## **8.** Describe what will be **YOUR New Normal**

*In THIS section, describe what effect YOUR transformation has on OTHERS, either horses and/or humans. In the Hero's Journey, this is where the hero brings the "magic elixer" back to the village. How is YOUR "village" different as a result? Will you serve an as example or even mentor to others? If you already are, in what NEW way will those you mentor be themselves inspired or transformed?*

## **9.** Summarize **YOUR** journey on the Hero's Journey graphic *(next page)*

# **YOUR Heroic Journey**





You got this



Thank-you for participating in this activity. Feel free to share this exercise / document with others, but please make sure our copyright notice/credit stays in place. We'd really appreciate that.

We of course did not *create* the Hero's Journey... only this specific exercise and graphics. And we also encourage you to learn MORE about the Hero's Journey archetype. If this was your first experience with it, you will forever see films and books in a slightly different way, finding the archetype behind nearly every compelling story – from blockbuster comedy film to serious documentary.

When you begin to put aside your OWN heroic story in favor of the horse's journey, *you will find an extraordinary world, beyond anything you can imagine.*

**Be brave.**