THE HERO'S JOURNEY

Triumphant and Vital you Help others to Triumph and Be Vital

Sharing what you learned & being a mentor to others

Sensing the Wisdom of your Body and NatURe and Living in Accord with Both

Lessons learned & new understanding

Call to adventure

Awareness
Listening to Your Body
Integrating Traumas Past and Present

Fear/ uncertainty

Etc.

Fear of the Unknown and Unconscious Reserved to the Ordinary

Meeting the mentor

Sports Health Care Provider Talk Therapist Nutritionist Coach

Taking action

Committed to the Process you learned from the Mentors to the Extraordinary

Challenges & finding your tribe

Opportunities to Sense Self-Regulate and Healthy Co-Regulation Realizing the essential of constant Awareness



Overcoming Great Fear Reclaiming your Courage and Knowing Yourself

The abyss