

## **Your Journey Journal**

### **Week 1: Your Call to Action**

In the ordinary world, the hero is often content or even resolute in their desire to maintain status quo. Nonetheless, your life events have acted as a '**Call to Action**' for you; and so, your healing journey begins.

The theme of transforming tragedy into meaning and setting a course forward is a common theme in the lives of many.

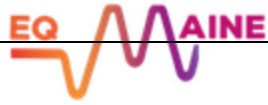
- The Marvel Cinematic Universe, based on stories by Stan Lee and others, masterfully illustrate how cataclysmic events may lead to personal transformation that integrates the traumatic events with positive changes in one's life.
  - For instance, Spiderman's presenting issue was being bitten by a radioactive spider, so imbuing him with special powers. At first, Peter Parker didn't know how to respond to this accident. It was the death of his uncle that was his CALL to ACTION - to make a life change – to embark along a path of crime-fighting.

Rarely planned; often the result of happenstance, a radical event in one's life may cause a profound and lasting paradigm shift. Describe the events in your life that disrupted the your "ordinary world."

### **What events are acting as Your Call to Action?**

In this initial stage of your journey, your 'Call to Action,' may simply be the presenting issue. While that which you have identified is the catalyst for your actions, there may be deeper themes and more poignant needs of which you are yet unaware.

Are you ready to answer the call, to dig deep to achieve true self-understanding and compassion?



**Ask yourself the following questions...**

**What would it be like for you refuse the call to action?**

Why not avoid that which beckon change; deny the shelter of blissful ignorance? Routine and safety ward off fear! **Why are you answering the call?**

Why answer the call? Don't deny yourself the opportunity for genuine transformation, a journey of self-discovery? Beware, to deny a clear call to action may leave you in a psychological malaise or even manifest in physical maladies that will act as constant reminders that dithering inertia leads to wholesale apathy.