



## How To Plot a Character Transformation

### WORKSHEETS

These are the worksheets I mentioned at the end of my presentation by this name at the Women In Publishing Summit.

First, I've asked you to draw the Hero/Heroine's Journey as Joseph Campbell taught it to me. For the remaining worksheets, I've created a page for each station of the journey and asked questions related to that place.

- At the top of the page are questions about the story you are writing – the characters, the plot structure.
- Near the bottom of each page are those questions translated into your own journey as you make your adventure with the story you are writing. I've done this because I believe each piece we write transforms us as we work through the idea – or at least it can if we let it!

You may think of different questions you would rather be answering – do it!

If you want to share what you are discovering as you work with the Hero/Heroine's Journey, please contact me either by email (refer to the conference material) or comment on the website, and put WIP - *H/H Journey* at the top of the message.

I wish you an entertaining journey, full of discovery.

All blessings,  
Lola Wilcox

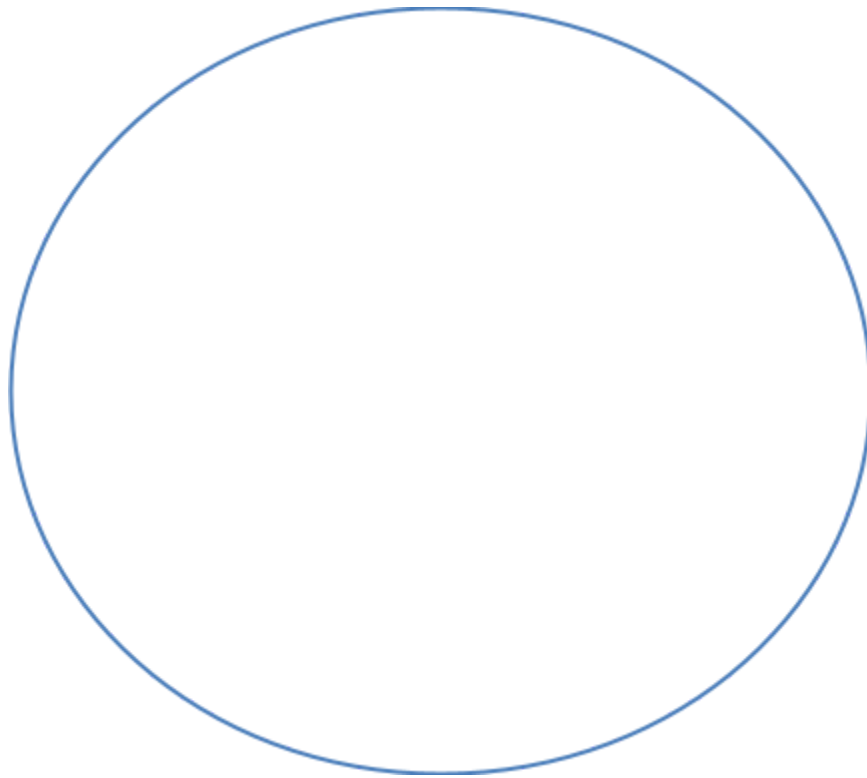
HOW TO PLOT A CHARACTER TRANSFORMATION  
*HERO/HEROINE'S JOURNEY* WORKSHEETS

Lola Wilcox at <https://LolaWilcox.com>

ONE: Draw the three realms or environments of Joseph Campbell's Hero/Heroine's Journey on the circle. *Hint: All three are on the center axis.*

TWO: Which direction and why do you/your character go when leaving on the Journey?

THREE: Draw the eight Journey places on the circle.  
*Hint: The beginning and end name repeats, though it is not necessarily the same place.*



-----

Answers:

ONE: Home, Temenos, Nigredo

TWO: LEFT – leaving clock time, entering liminal space

THREE: Home, Call, Gate In, Road of Trials, Nigredo, (Road of Trials continues), Gate Out, Return, Home

# HOME

## *THE STORY'S JOURNEY:*

- **WHERE** do you start the story?
- **WHO** is the main character?
- **HOW FAST** can you give us the Situation?
- **WHAT** is needing transformation?

## *YOUR JOURNEY:*

- **WHERE** do you start the story? (Where were you when you had the idea for this story?)
- **WHO** is the main character? (Why is this character so important to you?)
- **HOW FAST** can you give us the Situation? (What is your current situation and how is this story interacting with it?)
- **WHAT** is needing transformation? (In you?)

## CALL

### *THE STORY'S JOURNEY:*

- **HOW** will the Call come?
- **WHO** is involved?
- **WHAT** happens next?
  - Blocks? Tests?
  - Immediate departure?
- **WHEN** does the Hero/Heroine leave?
- **WHERE** in the book does the reader learn about it?

### *YOUR JOURNEY:*

- **HOW** did the Call come? (about writing this story)
- **WHO** is involved? (in both the practical and the liminal worlds)
- **WHAT** happened next? (as you began to explore the Call)
  - Blocks? Tests? (what happened to test your resolve?)
  - Immediate departure? (when did you begin to write the story?)
- **WHEN** does the Hero/Heroine leave? (When did you decide to focus on this story? When did the important people around you learn about your Call?)
- **WHERE** in the book does the reader learn about it? (Where were you when you realized you were going to tell this story?)

## GATE IN

### *THE STORY'S JOURNEY:*

- **WHAT** does the H/H want from the Journey?
- **WHO** is the Gatekeeper? + or -?
- **WHAT** is the Gate?
- **HOW** does the H/H go through it?
- **WHEN** do the readers learn about the Gate In?

### *YOUR JOURNEY:*

- **WHAT** does the H/H want from the Journey? (What do you want to have happen when you've completed this writing journey?)
- **WHO** is the Gatekeeper? + or -? (Audience? Editor? Publisher? You?)
- **WHAT** is the Gate? (This is the Gate of commitment for writing this story)
- **HOW** does the H/H go through it? (Are you ready? Brave? Willing to do what it takes?)
- **WHEN** do the readers learn about the Gate In (In some way is your Gate In parallel to the main character's Gate In?)

# TEMENOS

## *THE STORY'S JOURNEY:*

- **HOW** will being in the Temenos show up in the characters?
- **WHERE** will it be? New External environment, or Internal unexplored territory?
- **WHEN** do they notice they are not living their usual life, responding in usual ways, that what worked before no longer works at all.
- **WHO** helps them discover where they are?

## *YOUR JOURNEY:*

- **HOW** will being in the Temenos show up in the characters? (How is being in the Temenos showing up in your life?)
- **WHERE** will it be? New External environment, or Internal unexplored territory? (Do you experience the Temenos externally as well as at your writing desk, inside the story?)
- **WHEN** do they notice they are not living their usual life, responding in usual ways, that what worked before no longer works at all. (When did you?)
- **WHO** helps them discover where they are? (Who is helping you keep your feet grounded, your mind engaged, your heart encouraged?)

## ROAD OF TRIALS

### *THE STORY'S JOURNEY:*

- **WHAT** Trials are going to happen?
- **WHO** is it happening to and **WHY**?
- **HOW** are they arranged - their order?
- **WHAT** is learned from each Trial?
- **HOW** fast can you move the Trials along to the Nigredo?
- **WHAT** Trials come after the Nigredo?

### *YOUR JOURNEY:*

- **WHAT** Trials are going to happen? (What Trials are you having as you try to write this story?)
- **WHO** is it happening to and **WHY**? (Not all the Trials happen to you – who else in your life is being challenged?)
- **HOW** are the Trials arranged - their order? (Are you keeping a journal so you can notice what was a Trial?)
- **WHAT** is learned from each Trial? (And what you learned from it?)
- **HOW** fast can you move the Trials along to the Nigredo? (Notice how time folds and unfolds as you develop the story; sometimes nothing is happening on the page, but internally you and the story are restructuring.)
- **WHAT** Trials come after the Nigredo? (Until you get to the Gate Out...)

# NIGREDO

## *THE STORY'S JOURNEY:*

### **ROAD OF TRIALS**

- **WHEN** does the transformation happen?
- **WHAT** is being left behind?
- **WHO** is going to emerge from the Cocoon?
- **HOW** will the transformation resolve the Home Situation?

## *YOUR JOURNEY:*

- **WHEN** does the transformation happen? (At some point the story will begin to live in you, change you. Pay attention to when that happens –
- **WHAT** is being left behind? (What of the original concept is going away? What part of you is going away? What is the cost?)
- **WHO** is going to emerge from the Cocoon? (How are you stronger? Wiser? More engaged? Changed... )
- **HOW** will the transformation resolve the Home Situation? (How does your personal evolution change the original situation – what you were after when you began to write the story?)



## GATE OUT

### *THE STORY'S JOURNEY:*

- **WHEN** will the H/H reach the Gate Out?
- **HOW** does H/H know they are ready to leave?
- **WHO** helps or gatekeeps?
- **WHAT** gifts will the H/H be taking from the experience?

### *YOUR JOURNEY:*

- **WHEN** will the H/H reach the Gate Out? (How will you know you are approaching the finishing point of this journey?)
- **HOW** does H/H know they are ready to leave? (How will you know your transformed self is ready to go into the external world?)
- **WHO** helps or gatekeeps? (Who is here for you now? Editor? Publisher? Family?)
- **WHAT** gifts will the H/H be taking from the experience? (Pay attention to what you have learned, and bring what you learned with you. Others need your gifts.)

# RETURN

## *THE STORY'S JOURNEY:*

- **WHAT** transformation or solution is the Hero/Heroine bringing back?
- **WHERE** is the Return occurring?
- **WHO** is involved in the Return?
- **HOW** - what events happen?
- **WHEN** does the Journey end?

## *YOU:*

- **WHAT** transformation or solution is the Hero/Heroine bringing back? (Who are you now? How will who you are now be useful to others?)
- **WHERE** is the Return occurring? (Are you headed home on a clear pathway, or are there changes that need to be in place?)
- **WHO** is involved in the Return? (Who helps you home? Who supports? Who doesn't?)
- **HOW** - what events happen? (Is this closure of the writing phase of the journey? Have you included the Publishing phase? Marketing phase? Or do you see those as subsequent journeys?)
- **WHEN** does this Journey end? (When will you say "I'm finished with this adventure." E.g., when you write THE END and mean it? When the manuscript goes to the printer? When you've sold XXX copies?)

## HOME (Return To)

### *THE STORY'S JOURNEY:*

- **HOW** does the story end?
- **WHERE** is home? (same or different?)
- **WHO** is there?
- **WHAT** Transformation is the Hero/Heroine bringing to redeem the Situation?
- **HOW** will the Hero/Heroine be received?

### *YOUR JOURNEY:*

- **HOW** does the story end? (Please journal how the closing of this adventure takes place; give it attention, and care.)
- **WHERE** is home? (Is your "home" changed? If so, how is Home different?)
- **WHO** is there? (Who welcomes you home? Who needs your gifts?)
- **WHAT** Transformation is the Hero/Heroine bringing to redeem the Situation? (How does being Home, transformed by the story, help the original situation change as well?)
- **HOW** will the Hero/Heroine be received? (Who do I want at the party?)