



## Self-Reflection on the Heroic Stages

“The destination isn’t in finding yourself. The destination is in the search.”

--Thomas Warfield

### What is this?

This is a tool to help your daily reflection on your inner heroic figures, and when they have been active and triggered during the day.

### How to...

The tool consists of 4 different aspects to reflect on. Inner voices in general, Fear, Longing and Power. Choose one, and go!

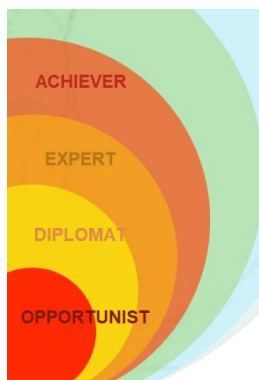
## 1 - Inner voices from your heroic figures

Sensing & Awareness making:



- When have your heroic figures been active today?
- What did they tell you?
- What do they make you become aware of?
- What other inner figures do you want to invite to the dialogue?

## 2 - Fear in the heroic stages



FEAR...

- Of not being enough. Of not living up to own / others' standards.
- Of not developing / growing / advancing. Of not having enough time.
- Of Failure. Of being wrong.
- Of not knowing. Of showing / meeting myself vulnerable.
- Of being alone. Of not being a part of.
- Of conflict with in-group.
- Of not being safe. Of losing power / being over-powered.
- Of not being in control.

Sensing & Awareness making:

- What fear from your heroic figures has been awakened today?
- What does it tell you?
- What does it make you become aware of?
- What other inner figures do you want to invite to the dialogue?

### 3 - Longing & Desire in the heroic stages



#### DESIRE...

To perform. To optimize. To reach goals. Now! Fast.  
To live up to own and others' (projected) high standards.

To deepen expertise. To create the perfect solution. To win with facts and data, where knowledge is power.

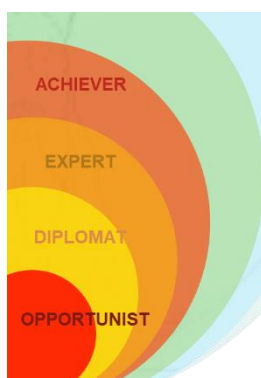
To fit in. To comply with in-group norms and standards.  
To build a strong WE, sometimes with a scorned THEM.

To stay in control. Short term wins, immediate fun.  
To get my way. To keep/grab power.

#### Sensing & Awareness making:

- What longing & desire from your heroic figures has been awakened today?
- What does it tell you?
- What does it make you become aware of?
- What other inner figures do you want to invite to the dialogue?

### 4 - Power in the heroic stages



#### POWER...

By formal role or title.  
"...because I'm your boss..."

By expertise, craftsmanship seniority.  
"...because I know the right answer..."

By informal status. By the high-status individual.  
"...what do you think?"

Is up for grabs... Mine to take.  
"...because I SAY SO!"

#### Sensing & Awareness making:

- What views on, or uses of power have you experienced in yourself today?
- What does it tell you?
- What does it make you become aware of?
- What other inner figures do you want to invite to the dialogue?