**The Hero’s Journey**

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| **12 STEPS ON JOURNEY** | ***Frozen*** |  |  |
| 1. The Ordinary World  *The ordinary world is the hero’s home base (setting) and the character’s background.* | Anna (the hero) and her sister Elsa live in the kingdom of Arendelle, where Elsa is about to become Queen. The sisters have been shut in the palace for years because of Elsa’s fear that her uncontrolled ice powers would be revealed. |  |  |
| 2. The Call to Adventure  *The hero learns what he/she has to do. There is a clear goal for the hero.* | Anna meets Prince Hans at the coronation ceremony. Desperate for companionship, she asks her sister for permission to marry him. Elsa denies Anna’s request, and thus reveals her secret ice powers. Elsa runs away from Arendelle. |  |  |
| 3. Refusal of the Call  *The hero has not yet fully committed to the journey. The hero may be reluctant to go or express a reason that he/she refuses to go*. | Although Anna does not refuse her own call to adventure, there are many characters who advise her not to go chase after her sister. |  |  |
| 4. Meeting with the Mentor  *A new character is introduced to help the hero face the*  *journey of the unknown world.* | Anna actually has two mentors who help her on her journey. First, she meets Kristoff, who begins the journey as her guide. Later, the pair meets Olaf, quite the wise snowman. |  |  |
| 5. Crossing the First Threshold (Unknown World)  *The hero finally commits to the journey and takes the*  *first steps toward the world of the unknown.* | Anna and Kristoff set out on the journey to the North Mountain to find Elsa and bring back summer. |  |  |
| 6. Tests, Allies, and Enemies  *The hero meets various characters and has different*  *experiences on his/her journey, which help the hero*  *learn the rules of the Unknown World.* | Along the journey, Anna encounters several tests, allies, and enemies.  Allies: Trolls  Enemies: Snow Monster, Hans |  |  |
| 7. Approach to the Inmost Cave  *The hero comes to the edge of a dangerous place where*  *the goal of the quest is near, but not yet within reach.* | Anna arrives at Elsa’s ice palace and believes she can bring her sister home, but Elsa refuses to go. Elsa attempts to throw her sister out of the palace. |  |  |
| 8. Supreme Ordeal  *The hero is faced with the direct confrontation of his/her greatest fear; this is the final force to face, which may lead to the hero’s death.* | In the confrontation, Elsa strikes Anna with her power, and Anna is left with a frozen heart that only an act of true love can thaw. |  |  |
| 9. Reward  *The hero celebrates the fact that he/she has survived*  *death and takes possession of what he/she was seeking*  *(treasure, knowledge, experience, destruction of evil).* | Anna returns to Arendelle to reunite with Prince Hans. She believes that he is the only one who can thaw her frozen heart with an act of true love. |  |  |
| 10. The Road Back  *The hero deals with consequences (good or bad) of confronting the issues related to the Supreme Ordeal.* | Anna discovers that Hans never really loved her, and she must find a new act of true love. With the help of Olaf, Anna realizes that Kristoff is her true love. |  |  |
| 11. Threshold Crossing (Resurrection/Rebirth)  *The hero may have been on the brink of death, but now*  *returns to ordinary life, “reborn” with new insights and outlook on life.* | In the search for Kristoff, Anna sees Hans attempt to kill Elsa. Anna sacrifices herself to save her sister – the act of true love that thaws her frozen heart and saves her life. |  |  |
| 12. Return with Elixir (Freedom to Live)  *The elixir may be treasure, love, freedom, wisdom, or*  *knowledge that the unknown world exists and can be*  *survived.* | Anna and Elsa return to Arendelle with a stronger sisterly bond, and Elsa will rule the kingdom with the palace doors open. |  |  |