

8-Step Transformation Workbook

A Companion Guide to Your Hero's Journey

*"We must be willing to let go of the life we
planned so as to have the life that is waiting for
us."*

— Joseph Campbell

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How to Use This Workbook

This workbook is your personal companion for transformation. Work through one step at a time—there's no rush. Take a day, a week, or whatever pace feels right for you.

Answer each question honestly. Write freely without judgment. Complete the small action step at the bottom of each page before moving on.

Real transformation happens through small, intentional steps. Trust the process.

The 8 Steps

1. **Recognize Your Ordinary World** — Assess where you are now
2. **Listen for the Call to Adventure** — Identify what's calling you forward
3. **Face the Fear of Change** — Name your fears and take tiny steps
4. **Seek Guidance and Find Your Mentor** — Identify your support system
5. **Commit to the Unknown** — Turn intention into action
6. **Navigate Obstacles** — Plan for challenges and find allies
7. **Achieve Breakthroughs** — Confront what's been holding you back
8. **Come Full Circle** — Integrate your growth into daily life

Step 1: Recognize Your Ordinary World

Your "ordinary world" is your current reality—routines, roles, and habits that feel familiar. This step helps you notice what's working, what's draining you, and where you may be settling. Awareness creates the starting point for change.

1. What does a typical day look like for you right now (work, home, energy, mood)?

2. Where do you feel most stuck, restless, or on autopilot?

3. What parts of your life look "fine on paper" but don't feel fulfilling inside?

4. What are you using to numb, distract, or avoid—and what might you be avoiding?

SMALL ACTION STEP

Circle one daily habit to observe this week (no changing it yet)—just notice when and why you do it.

Habit: _____

Step 2: Listen for the Call to Adventure

The Call to Adventure is the nudge toward something more—often quiet, persistent, and easy to dismiss. This step helps you identify what life is inviting you to change or explore. You don't need the full plan; you just need to hear the call clearly.

1. What keeps tugging at your attention lately (idea, dream, problem, desire)?

2. If you stopped dismissing your feelings, what would they be asking you to do next?

3. What change would make the biggest positive difference in your life right now?

4. What would you pursue if you knew you couldn't fail—or wouldn't be judged?

SMALL ACTION STEP

Write one sentence that captures your call:

I feel called to: _____

Step 3: Face the Fear of Change

Fear is a normal response to growth—especially when something meaningful is at stake. This step helps you name what scares you and reduce its power by getting specific. Small steps taken alongside fear build momentum.

1. What change are you considering, and what specifically about it feels scary?

2. What story are you telling yourself about what could go wrong?

3. What might happen if you don't change—six months from now?

4. What is one "tiny step" you could take that feels 10% uncomfortable but doable?

SMALL ACTION STEP

Choose your tiny step and schedule it.

Tiny step: _____ Date/Time: _____

Step 4: Seek Guidance and Find Your Mentor

You don't have to do this alone. Mentors and guides can be people, books, courses, or communities that shorten your learning curve and steady your confidence. This step helps you identify support and ask for it clearly.

1. Who has qualities, experience, or results you admire—and why?

2. What kind of guidance do you need most right now (skills, accountability, clarity, encouragement)?

3. Where could you find support this month (a person, group, class, community, coach)?

4. What would you ask a mentor if you had 15 minutes with them?

SMALL ACTION STEP

Reach out to one person or resource today (message, email, signup, library hold).

Who/What: _____

Step 5: Commit to the Unknown

Commitment is crossing the threshold from "thinking about it" to "doing it." You don't need certainty—you need a clear first move that creates momentum. This step turns intention into a concrete decision.

1. What is the "threshold" you need to cross (the moment you stop debating and start acting)?

2. What one action would make this real (apply, enroll, publish, practice, ask, quit, start)?

3. What are you willing to trade to make space for this (time, comfort, distractions, perfection)?

4. What will "commitment" look like for the next 7 days—measurably?

SMALL ACTION STEP

Write your 7-day commitment in one sentence and sign it.

I commit to: _____

Signature: _____ Date: _____

Step 6: Navigate Obstacles

Obstacles are part of the path, not proof you're failing. This step helps you anticipate challenges, plan responses, and identify allies. Resilience grows through small wins and smart adjustments.

1. What obstacles are most likely to show up (internal or external)?

2. What usually knocks you off track—and what early warning signs can you notice?

3. What is your "if-then" plan for one obstacle? (If ___ happens, then I will ___.)

4. Who could be an ally right now (encouragement, accountability, expertise)—and how can they help?

SMALL ACTION STEP

Set up one support system today (accountability text, calendar reminder, buddy check-in).

Support system: _____

Step 7: Achieve Breakthroughs (The Ordeal)

The "ordeal" is the moment you face what has been blocking you most—fear, a belief, a pattern, or a hard truth. This step helps you meet it directly and choose a new response. Breakthroughs often come after honesty and discomfort.

1. What is the biggest inner block you keep running into (belief, fear, habit, wound)?

2. When does this block show up most, and what does it make you do (or avoid)?

3. What is a more truthful or empowering belief you want to practice instead?

4. What would "courage" look like in one specific moment this week?

SMALL ACTION STEP

Write a one-line "courage script" you will use when the block appears.

When I feel _____, I will _____

Step 8: Come Full Circle

Coming full circle means integrating your growth into real life—so the change lasts. You bring lessons back into your routines, relationships, and decisions without overwhelming yourself. This step helps you choose what to keep and how to live it.

1. What have you learned about yourself through this process so far?

2. What new habits, boundaries, or standards do you want to carry forward?

3. Where could you slip back into the old "ordinary world," and what will help you stay aligned?

4. What does a "stronger, wiser you" do differently in daily life (one specific example)?

SMALL ACTION STEP

Choose one simple integration habit for the next 14 days and track it daily.

My 14-day habit: _____ Start date: _____