All story structures are really about change. And whilst there are a number of structures, they illuminate rather than compete and many feature a 3 act structure.

**Robert McKee “Central Plot”**

<table>
<thead>
<tr>
<th>ACT I</th>
<th>ACT II</th>
<th>ACT III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inciting Incident</td>
<td>Progressive Complications</td>
<td>Resolution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crisis</td>
</tr>
</tbody>
</table>

**THREE ACT STRUCTURE**

- **Act One (Setup)**
  - Beginning
  - Inciting Incident
  - Pinch Point
  - Obstacle

- **Act Two (Confrontation)**
  - (DISASTER) Plot Point 1
  - False Sense of Security

- **Act Three (Resolution)**
  - (DISASTER) Plot Point 2
  - Climax

- **Midpoint**

**Michael Hauge’s “Six Stage Plot Structure”**

**The Inner Journey**

<table>
<thead>
<tr>
<th>Stage I</th>
<th>Stage II</th>
<th>Stage III</th>
<th>Stage IV</th>
<th>Stage V</th>
<th>Stage VI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living Fully Within Identity</td>
<td>Glimpsing, Lorging, or Destiny; glimpse of living life in Essence</td>
<td>Moving towards Essence without leaving Identity</td>
<td>Fully committed to Essence but growing fear</td>
<td>Living one’s Truth with everything to lose</td>
<td>The Journey complete, Destiny achieved</td>
</tr>
</tbody>
</table>

**The Outer Journey**

<table>
<thead>
<tr>
<th>ACT I</th>
<th>ACT II</th>
<th>ACT III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setup</td>
<td>New Situation</td>
<td>Progress</td>
</tr>
<tr>
<td>Turning Point #1 Opportunity</td>
<td>Turning Point #2 Change of Plans</td>
<td>Turning Point #3 Point of No Return</td>
</tr>
<tr>
<td>Turning Point #4 Major Setback</td>
<td>Turning Point #5 Climax</td>
<td></td>
</tr>
</tbody>
</table>
The Hero's Journey is a pattern of narrative identified by the American scholar Joseph Campbell that appears in drama, storytelling, myth, religious ritual, and psychological development. Written in the 1940's, Joseph Campbell had travelled the world studying different culture’s mythological stories and discovered a common 18-part story structure.

Also known as the Mono Myth, the Hero's journey can be shown to underpin many of our cultural touchstone stories (especially movies).

Christopher Vogler, author of The Writer's Journey, has worked in Hollywood for many years as a story analyst. When Vogler was at Disney, he began to apply Joseph Campbell's The Hero's Journey to his work and he simplified it from 18 stages to 12. (Which are easier to apply to non fiction)

Vogler's 12 stages of The Hero's Journey are as follows:
1. The journey begins with the introduction of the Heroes in the Ordinary World, where...
2. … they are presented with the Call to Adventure.
3. Their initial reluctance may lead to Refusal of the Call, but they...
4. ….receive encouragement from a Mentor to ...
5. … cross over the Threshold and gain entry into the Special World …
6. …. There, they encounter Tests, Allies, and Enemies.
7. They Approach the Inmost Cave where ...
8. … they must endure an Ordeal.
9. The Reward is seized and …
10. … they are pursued as they follow The Road Back to the Ordinary World.
11. They are transformed by the experience of a Resurrection and
12. …. return triumphant with the Elixir—an item of great value that will benefit the Ordinary World.

Heroes endure physical activities (outer journey), but also experience internal transformations to their hearts and minds at each stage. Then, the outermost ring uses Star Wars: Episode IV as an example, showing the outer journey in gray text and the inner journey in green.

An important insight emerges when The Hero's Journey is represented in a circle: it creates a clear division between the ordinary world and the special world (signified by the gray dotted line). There is a moment in every story where the character overcomes reluctance to change, leaves the ordinary world, and crosses the threshold into an adventure in a special world.

In the special world, the hero gains skills and insights—and then brings them back to the ordinary world as the story resolves.

Joseph Campbell traditionally displayed The Hero's Journey in a circle. In the chart on the next page, starting at the top of the wheel, move clockwise through each step, with the theory and example of the plot and theme of “Star Wars” (the original movie)

Source Duarte.com
The Hero's Journey

ACT 1

The Evil Empire oppresses the galaxy. Luke dreams of joining the academy but feels he is going nowhere on his uncle's desolate farm.

R2D2 plays a portion of Princess Leia's call for help. Luke is smitten by the vision and wants to help the maiden in distress.

ACT 2

ACT 2A

Luke's aunt and uncle are killed, so he is free to deliver the secret plans to Alderaan. He and Obi-Wan travel to Mos Eisley to hire a ship for their journey.

ACT 2B

On the Death Star, they dress as Stormtroopers, discover the princess, and attempt to rescue her. They are discovered and tested as they engage with enemy troops.

In the cantina, Luke is saved by Obi-Wan's use of the Force. The two hire Han Solo and Chewbacca, who become their allies. They evade Imperial Stormtroopers who try to prevent their escape.

On the Millennium Falcon, Obi-Wan teaches Luke about the Force. The ship is captured by the Death Star, and the group finds itself inside the enemy's stronghold.

Obi-Wan sacrifices himself to help the team escape. The Death Star follows them to the Rebels, determined to destroy their base. Luke joins the Rebel's attack on the Death Star.

In the trash compactor, Luke is pulled underwater by a creature but is rescued by his friends. They begin to work together as a team to escape the Death Star.

The power of the Evil Empire is destroyed. The team members are honored as heroes and peace is restored to the galaxy.

ACT 3

In the final battle, Luke hears Obi-Wan's voice and uses the Force to make an impossible shot that destroys the Death Star.

Factoid: When George Lucas came across Joseph Campbell's work, he modified Star Wars, Episode IV to map more closely to this model.
NANCY DUARTE THE SECRET STRUCTURE OF GREAT TALKS

Of all the research for this post, this talk was my favourite. Because I moved away from structure and focussed on skills, I wanted to include it here.

https://www.ted.com/talks/nancy_duarte_the_secret_structure_of_great_talks

NANCY DUARTE ON EPIC STORYTELLING FOR LEADERS