

A Hero's Journey (Shrek)		
The Ordinary World	The world in which the character lives – seems ordinary to him or her	Shrek is a reclusive ogre who lives alone in his swamp, partaking in his own version of a typical modern-day human's day-to-day life, one he seems to enjoy quite greatly. Shrek's reclusive nature is shown on full display in the opening segment, as he's confronted by an angry mob that come near his home with the intention of slaying him, of course, he's able to use his intimidation factor to frighten them off, but it's clear that he's not someone that takes kindly to strangers.
The Call to Adventure	Adventures don't take place in the ordinary world – Hero must leave Describe the call to adventure	The call to adventure in Shrek is when he meets and saves Donkey from capture. Shrek isn't used to dealing with a creature as stubborn as Donkey, let alone one that thinks of Shrek as a potential ally. Shrek sees Donkey as nothing more than an annoyance, but he shows a hint of humanity when Donkey tells him he doesn't mind that Shrek is an ogre.
Refusal of the Call	Refuses the call What does he or she say or do to show that he or she has refused the call to adventure	Shrek initially tries his hardest to brush Donkey off, convince him to leave, but Donkey simply cannot take a hint. Eventually Shrek decides to allow Donkey to stay on his property, but not in his house. When all of the fairy-tale creatures arrive at his property with nowhere else to go, Shrek is outraged, only wishing to help them for completely selfish reasons... Unfortunately for Shrek, the only creature who knows how to get to Duloc so he can confront Lord Farquard is Donkey.
Accepting the Call	What actions show that he or she has accepted the call	Shrek (begrudgingly) accepts Donkey's aid and they make their way out of the swamp, and towards Duloc in order to confront Lord Farquard. Shrek seems to finally accept the call to adventure after crashing and winning the tournament held by Lord Farquard, as it's around that point where he finally seems to have accepted Donkey as something a little more than a navigator.
Supernatural Aid	Any "non-natural" aid Describe the aid given.	Shrek himself is quite the supernatural being, possessing strength beyond that of most humans, as well as being an ogre, a creature known for being quite fearsome, he uses these attributes to great affect during the fight scene to prove his worth to Lord Farquard, as well as to scare off the mob that arrives right after the opening of the movie.

Entering the Unknown	Entering a new world Where is the new world?	To Shrek anything outside of his swamp is a new world, the journey to Duloc, the castle where Fiona's being held, and the trip back are all full of completely new experiences and environments to him. Adventuring with companions is also a new concept to Shrek, so part of his new world is also the fact that it consists of more than just himself.
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Allies/Helpers	Anyone that helps the main character How do they help him or her?	During the beginning of the story, Shrek meets a talking donkey (who is given the creative name "Donkey") who at first serves as little more than an annoying companion that knows where Duloc is, but over time is shown to be the glue that holds Shrek and Fiona together. Fiona is also an ally to Shrek in the latter half of the movie, being the first person he's ever been able to feel a connection to, and opening his eyes to the possibility of opening his <i>heart</i> .
Tests and The Supreme Ordeal	Tests that make him or her stronger so that he or she can win the Supreme Ordeal	The thing that makes Shrek such a unique story is that most of the tests he faces are emotional rather than physical. Donkey provides Shrek with an outlet that's willing to hear him out, willing to stay by him and understand his woes, through doing so, Shrek gains more comfort in who he is, this is amplified when Shrek meets Fiona, a human unlike any he's faced before, she doesn't see him as a hideous creature, she's able to see him for the multifaceted being he is. The supreme ordeal of the film is when Shrek mishears Fiona calling herself hideous, thinking it was directed towards him, this leads him to go back to his old way of life, but he isn't at all as happy as he once was. However, after a pep talk from Donkey explaining the situation, Shrek (alongside Donkey) immediately goes to crash Fiona's arranged marriage to Lord Farquard in hopes of gaining back the one person who was truly able to love him for who he is.
Reward and the Journey Home	What the character earned for winning and how he or she returns home	Shrek's journey ends with him gaining a new perspective on life, he went from a reclusive, closed off and angry being to one who's willing to learn how to accept others into his life and ends up much happier than before because of it.
Master of Two Worlds/ Restoring the World	Describe how the world has changed. The character might be the master of the old world and the new world.	Shrek's world changes not only in having gained a friendship with Donkey and a relationship with Fiona, but his entire perspective of life has changed as well, he understands now that the life he once lived wasn't one he was happy with, he now knows that he is capable of being loved and cared about, and his swamp becomes more than just a home for him, but a home for his family.