How many steps of the hero's journey has Kara Zor-El completed by the time the Supergirl season finale comes to an end? Alien girl sent here from a dying planet to protect her cousin, but thanks to some seriously bad luck, she's now living on Earth as his younger cousin and hiding her real identity. Check and check. Step 2: Call to Adventure. Mentors are so central to getting our heroes on the right path, it's a shame their fate is pretty much guaranteed. The mentor usually shows up just as the hero is getting comfortable. The hero settles into the idea of a completely unimpressive, quiet existence, then WHAM! The mentor appears and reignites that fire in their belly. Shows them—sometime unintentionally—the person they were born to be. In narratology and comparative mythology, the monomyth, or the hero's journey, is the common template of a broad category of tales that involve a hero who goes on an adventure, and in a decisive crisis wins a victory, and then comes home changed or transformed. The study of hero myth narratives started in 1871 with anthropologist Edward Burnett Tylor's observations of common patterns in plots of heroes' journeys. Later on, others introduced various theories on hero myth narratives such as Otto Rank Typically the hero is an ordinary individual. These stories have their roots historically in helping prepare youths for various initiation rites and rituals. Hence the three movements of the Hero's Journey: Separation. Initiation. Return. An ordinary individual embarks on an extraordinary adventure and as a result experiences an empowering transformation by getting in touch with Who They Are, in effect an initiation into adulthood. Compare to superhero stories. Superheroes, by logic, are not ordinary individuals. They are imbued with superpowers or are as rich as hell like Bruce Wayne and Tony. 