

Name: _____ Date: _____

CREATE A MOVIE

BUILD A MEANINGFUL LIFE

Which part of life do I want to create a story for? (Circle one)

Career - Relationships - Intellectual - Physical Health - Emotional Health - Spiritual

What is the movie title? _____

Who is the main character and whats his/her background? (empathize with character)

Who is the "Obi-Wan Kenobi in this story" helping you? (Mentor, book, friend, wife)

Whats the main plot or problem? (pain points, fear, adversities)

Whats the "Rocky Scene " Look like? (massive action plan)

What is the climatic scene like? (biggest adversity in story)

What is the ending like? (what is the good ending you imagine?)

Read the this story everyday for the next 30 days. (Check mark every time you read it)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

11 - 12 - 13 - 14 - 15 - 16 - 17 - 18 - 19 - 20

21 - 22 - 23 - 24 - 25 - 26 - 27 - 28 - 29 - 30

BE BETTER