

The Script Writing Process

Welcome to the script writing process.

This process is designed to help you get VERY clear and answer the million dollar question.....

What do I really want?

On **DVD 2 and 3** Natalie leads you through a 17min video that gives you visual and audible prompts to trigger your thought process

She covers 9 key areas of your life to give you a complete vision of your ideal life.

Your job is to write down what thoughts pops into your head at the time.

Handy Hints

Think gigantic! Imagine if you had that much money you couldn't spend it in a lifetime.

Be as descriptive as possible when writing ideas. This will make finding the photos to match the description easier.

Never underestimate your first thought. You can refine your list later.

Aim to finish with 2-3 slides per category

Make sure you pause the video after each section if you need to and go through at your own pace.

Remember this process is supposed to be FUN!! Absolutely "go to town" and have a great time.

I can't wait to see your Mind Movie.....

Natalie.

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Script Writing Process for the 9 Key Areas my Your Life

1. Material Possessions/Perks

House/Apartment

What does it look like? _____

Is there more than one? _____

Where is it? _____

What is the view? _____

What rooms do you have? _____

Car/s & Vehicles _____

Make _____

Model _____

Colour _____

Toys – Boats _____

Bikes _____

Jetskis _____

Planes _____

Travel – Where? _____

How often? _____

Experiences _____

Shopping _____

Where? _____

Is it jewelry? _____

Clothes _____

Lifestyle _____

Do you have a cleaner? _____

A Personal trainer? _____

A chef? _____

A nanny? _____

2. **Personal Wealth/Money** _____

How much per week/month? _____

What is your bank balance

How do you earn it? _____

3. **Business/Career** _____

Do you work? _____

What do you do? _____

What is your title? _____

Do you own your own business? _____

4. **Personal audacious goals and lifestyle** _____

What are your adventures/projects? _____

Sporting goals _____

Education _____

Experiences _____

How do you spend your time? _____

Dining _____

Entertainment _____

Leisure _____

Fun _____

5. Relationship/Partner _____

What does your partner look like? _____

What qualities do they have? _____

What do they mean to you? _____

6. Family and Friends _____

Do you have children? How many? _____

Do you have pets? What kind? _____

Who is in your social circle? _____

What impact do they have? _____

What do you do with them? _____

7. **Health** – What is it to you? _____

Do you improve health and fitness? _____

How do you look and feel? _____

8. **Spirituality/Gratitude** - Who do you want to be? _____

Personal affirmations _____

9. **How will you contribute?** _____

Short, Positive Statements for my Mind Movie

1. _____
2. _____
3. _____
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