



EXERCISE #2: FAVORITE MOVIE INTAKE & TRANSFER

Note: You can do this exercise as many times as you want. You'll get new and deeper insights each time. I suggest you do this in your new Movie-Based Counseling journal and then have a lot of space for the answers.

PART I: INTAKE

My favorite movie/TV show is _____.

*What do I love about it? (i.e., Why do I love it so damn much?!?).
Write as much as you want. This is why you need your journal.*



Adjectives describing it:

How do I feel when I watch it?

PART II: TRANSFER

Look at the adjectives and key phrases above. Transfer them to the statements below. Feel free to create your own statements that feel particularly resonant to you.

1. *I want my life to be (or include):*



2. *I want to feel (or “I want other people to feel when they are around me”):*

PART III: FINAL THOUGHTS

- *What have you learned about yourself and your own self-actualization through this exercise?*
- *How close or far away are you to living this kind of life?
(You can rate your current life on a scale 1-10 if you want)*
- *Is there anything from this movie or TV show that you'd like to experience but it seems too magical/sci-fi/out there/crazy?*
- *What steps can you take to get closer to your Self-Actualized Self?*