

# Content Evaluation

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**Limit:** 5 Movies per Week

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## Consideration Questions Before Watching:

1. Is it on the "Watch Every Year" List?
2. Does it have at least one character I connect with and can learn from?
3. What is the Opportunity Cost of Watching this?

Example: Would it be more valueable to study for the BSCP?

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## Content Info

### Content Type

- ☐ Movie
- ☐ Youtube
- ☐ Book
- ☐ Other

### Content Title

### Content Description

# Content Evaluation

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## Character Analysis

In What Ways Do I See Myself as This Character?

What Do I Love About This Character?

What Do I Hate About This Character?

What Can I Learn From This Character?

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## Application

Additional Insights Gained

Behavior Change(s)

"If what you [consume] doesn't change your behavior, you wasted your time"  
- Alex Hormozi