



*Life as a movie exercise (audio available)*



Picture your life as a movie. The first episodes are already shot (can you summarize the key moments). Now the movie continues and the cameras are rolling. Imagine you are the director and you can direct an actor that plays your part. But you're a special kind of director with a limited power. You can't go to the writer and ask them to change the life events happening to you or direct the other characters to act in the way you want them to do. The only actor you can have an influence on is the one playing your part. You can have him/her play exactly like the person you dream to be. How you would want him/her to act, in that precise situation you are experiencing now.

*How would you instruct the actor to act if you want the movie to resemble how you would like your life to be?*

Take your time considering your values, you don't have to know them all today or even next week. This is something you can come back as often as you like.