

Handout 3

THE MOVIE OF YOUR LIFE QUESTIONS

As you reflect on your life it might be easier to think about your own narrative (and God's place in it) like you would a movie. In Donald Miller's book *A Million Miles in a Thousand Years*, someone proposes making a movie out of Miller's life. As he helps edit and write a screenplay, he realizes he isn't living a "good story." He isn't a character he finds compelling. He doesn't have a clear goal. As Miller tries to re-write the story of his life, he eventually begins to live a better one.

On the table, there are materials for you to create a collage, write a narrative in prose form, a poem, create a concept map, or anything else you may find helpful. You may even want to jot down answers to the questions on the handout. Do whatever will best help you to reflect on your story. The point is that you work with your storyline in a hands-on, creative way. Think about what you would tell someone else if you were asked to share your story with them. Would it make sense? Is it moving? Would they "get it"? If not, what needs to be rewritten?

How do you feel about the story of your life? To get you thinking out of the box, here are some fun questions. See how they may apply to your life.

- Who is the main character in your story? If it isn't really you then who is it? Are you ok with being a central or marginal character in the story?
- What's the main conflict in your story? Who or what are the villains in your story, if there are any? Do you have an arch nemesis?
- What are you after? Interesting characters are the ones who want something. What's your buried treasure? Your personal quest? What do you have to get or achieve before the credits can roll? Do you know what you want?
- What is the source of your powers? Were you born with them? Or do your strengths come from a special occurrence? Freak accident? Obtained through a magical object?
- What's your kryptonite? Do you have a tragic flaw? Are there memories and baggage that keep you from moving on?
- What meetings or interactions have changed you the most? What other characters have influenced you? Were they chance meetings? Faithful sidekicks? Wise mentors?
- What have the pivotal moments been? Have you had a showdown? Diffused a bomb at the last second?
- Where have your adventures taken you? When did you climb to the top of a high mountain? When were you trapped in the sewers? Have you been shipwrecked, but found your way off the island? Have you met strange aliens, only to find they were more like you than you thought?
- Where are you happiest? Where would your secret lair be?