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?

Natalie leads you through a process 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, pop 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……..

The Mind Movies Team.
Script Writing Process for the 9 Key Areas of 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 ________________________________
   ________________________________
   ________________________________
   ________________________________

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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. ___________________________________________________________

4. ___________________________________________________________

5. ___________________________________________________________

6. ___________________________________________________________

7. ___________________________________________________________

8. ___________________________________________________________

9. ___________________________________________________________

10. ___________________________________________________________

11. ___________________________________________________________

12. ___________________________________________________________

13. ___________________________________________________________

14. ___________________________________________________________

15. ___________________________________________________________

16. ___________________________________________________________

17. ___________________________________________________________

18. ___________________________________________________________

19. ___________________________________________________________

20. ___________________________________________________________

21. ___________________________________________________________

22. ___________________________________________________________
We hope you enjoy the process of creating your Mind Movie and in turn your ideal life.