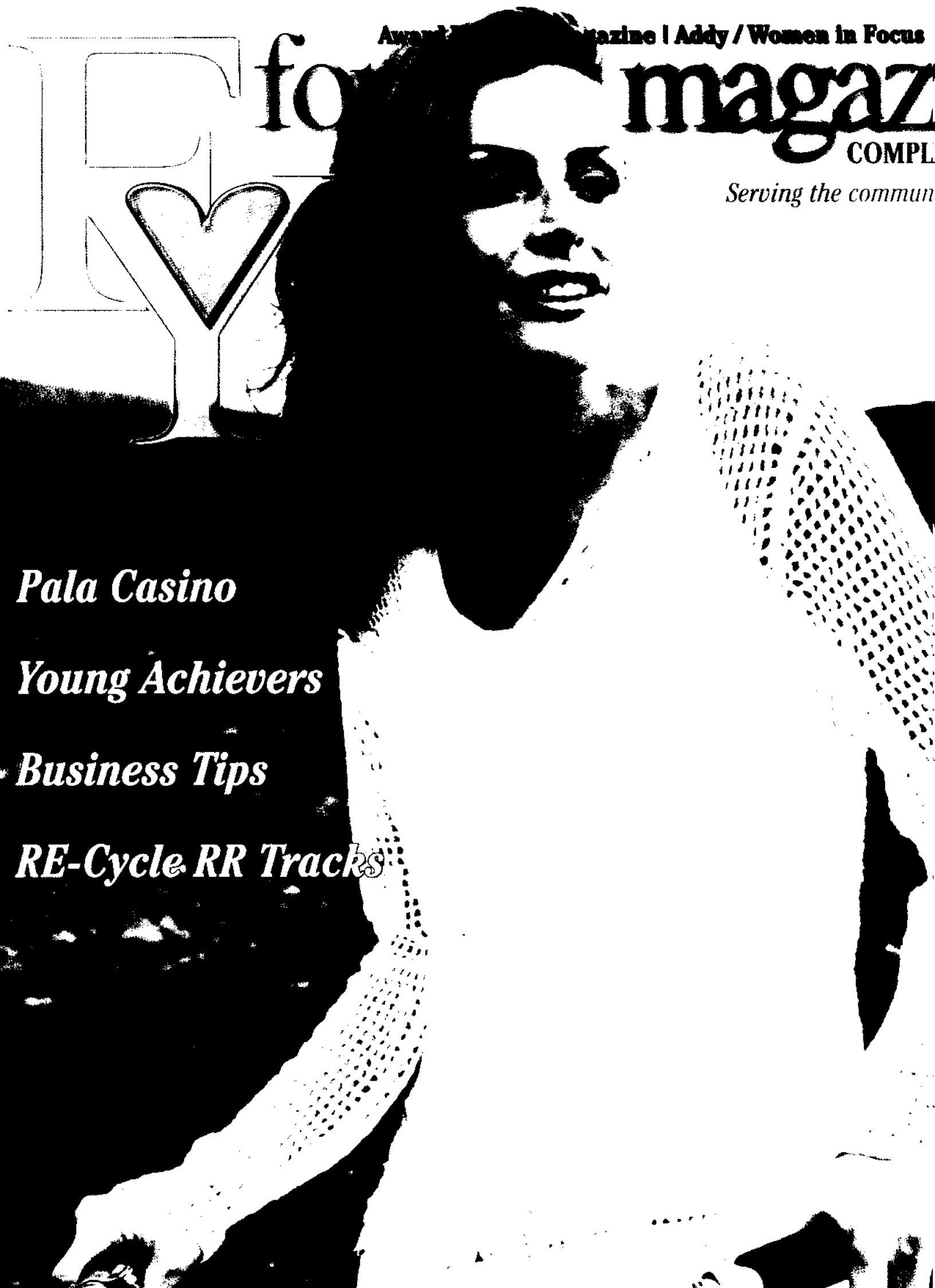


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Your Life As A Movie

By Adoley Odunton



Many of us love movies. We go to them for escape and entertainment. What we may not realize is that movies offer us models we can apply to our own lives because at their core, Hollywood movies are about transformation.

They deal with heroes and a hero has a specific job description. To achieve his goal, a hero must change and grow. We also have to change in order to achieve our goals and dreams. And the bigger they are, the more we are required to grow.

So what does it take to be the hero of your own life? Let's see what movies teach us.

A hero has to have a very strong goal or desire. Like... James Braddock in Cinderella Man. When the movie opens, James is a contender who dreams of winning a championship and providing for his family.

What kind of a goal or desire do you have?

2. A hero has to face challenges and obstacles. Braddock loses all his money in the stock market during the Depression. He breaks his hand and is thrown out of the Boxing Federation.

What challenges do you face and do you quit after a few setbacks?

3. A hero has to have the courage to change.

A hero has to confront all the things they're afraid of to achieve their goal. James has to swallow his pride and ask his former bosses for a hand-out so he can pay his bills. He goes on welfare. He almost loses his family but he never gives up. Finally he faces death itself. He fights the most terrifying prizefighter of the day, a man who has killed two men in the ring. Jim achieves his dream becoming the world heavyweight champion and buying a house for his family.

How willing are you to change? And are you willing to do what it takes?

Most of us don't like change. We don't want to step outside our comfort zone. Change is risky. You have to be willing to let go of who you are in order to become who you've always wanted to be. So what is it going to take for you to become the hero of your own life? What is it going to take for you to step out of your comfort zone? When will you take the actions necessary so you can accomplish your goals and become the person you've always known you could be?

When you understand how movies are created you will have a step-by-step blueprint you can apply to your own life so you can accomplish your goals and fulfill your dreams.

For more informatin call 310-491-5315.



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