

Blockbuster Love Story Teaching: Dickens Process



1. Do you live mostly in the Past, Present, or Future?

2. Are you able to change something that you don't want to change?

3. How did Scrooge use the past, present, and future to make a change in his life?

4. What are the limitations to living mostly in the:

Past _____

Present _____

Future _____

5. What are 3 limiting beliefs that you hold about love, and what have been their consequences?

6. What was the theme of the story of your life in one or two sentences? For me, one of my themes was, "I was a woman who wanted to leave a legacy".



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Character Development

7. Brainstorm the character traits you will need to develop in this journey of finding your king. Then, choose your top 3 emotions that will be important to this journey.

I want to develop:

Top 3 emotions:

- 1.
- 2.
- 3.

Homework:

Write out your blockbuster love story using the 7 Element Map provided in the training. Be sure to clearly write out the Past, Present, and Future in the storyline.

This assignment does not need to be more than one page long. Use strong, emotional adjectives to evoke emotion and feel free to dramatize your past to make it an even more exciting journey to Happily Ever After.



The 7 Elements Of A Blockbuster Love Story

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Want to live in your blockbuster love story?

Every great story has a theme or template that is almost like a recipe for success. No one would go to a movie where the storyline is boy meets girl, they fall in love, get married, and start a family. That's BORING!

We as moviegoers want to root for the underdog who has challenges along the way before the epic turn around to success.

This is the She-roe's journey to love. Love is a risky business and yet we can use the challenges you have had in the past as fuel for the greatest love story ever written, with YOU as the main character.

Who would play your role? Who would play the role of your King? What would the theme song be? Is this a drama turned romantic comedy or a love adventure? Have fun with this exercise as you explore your life through a movie.

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1. **Desire:** The desire becomes the main driving force behind the character's behavior.
2. **Problem or Need:** The problem is a need that the character is not fulfilling. Usually, the character focuses on the problem, but not what their real need is or how to get that need met.
3. **Opponent:** The bigger the opponent, the greater the victory of the She-roe overcoming that opponent.
 - a. External opponents: natural disaster, poverty, abusive boyfriend, loss of job
 - b. Internal: health challenge, low self-esteem, addiction
4. **Plan:** The character develops a plan
5. **Battle:** The character usually experiences his or her own mortality or great despair and searches for meaning through this battle. There usually are several challenges that lead up to this "dark night of the soul," which then becomes the fuel to climb the mountain towards love.
6. **Awakening or Self Revelation:** The character experiences her needs starting to be met. As a result, she develops new beliefs, new values, and new character traits.
7. **Equilibrium or Empowerment:** After all the character has gone through, she develops a whole new way of being in the world. She is more empowered and has a brighter future in love and life, living her happily ever after.

Instructions:

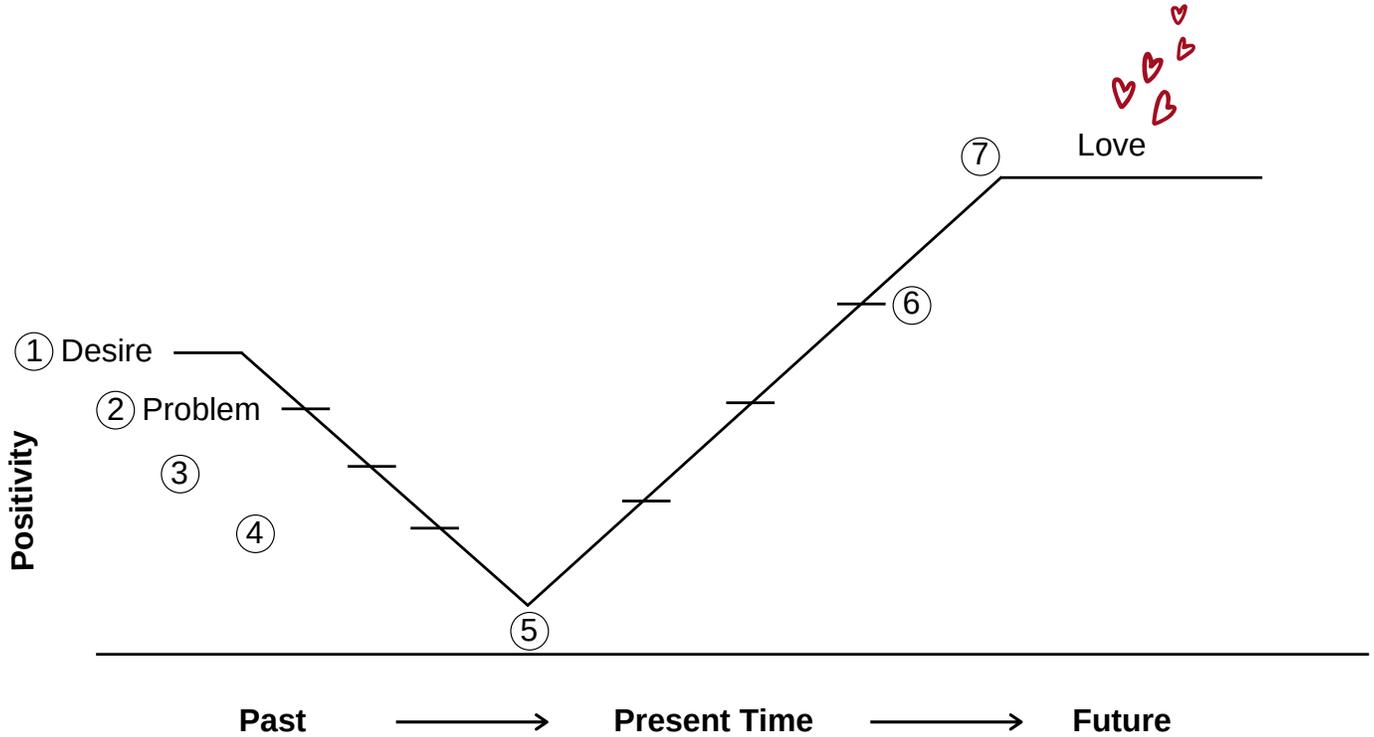
Write out a paragraph (minimum) of your life up until this point and be sure to write it in 3rd person (she, not I). This will allow you to step back from the reality of it all. Look for themes and patterns that your character will learn from. Then, write a paragraph about your ideal future. What new beliefs and values do you hold dear? Where will you meet your king? What kinds of experiences do you have as you are pulled back up the mountain of love? What character traits will you develop within yourself that allows you to receive this lasting love?

Bonus: choose who plays your role in the movie and the role of your king and post images of both in the Facebook group.



Life Long Love Academy

A Shero's Love Story



Fill In The Blank

1. D _____
2. P _____ or N _____
3. O _____
4. P _____
5. B _____
6. S _____ R _____
7. E _____ or E _____

Desire; Problem or Need; Opponent; Plan; Battle; Self Revelation; Empowerment or Equilibrium

