

LIFE IS YOUR MOVIE

THE SCREENING GUIDE

A discussion guide for book clubs, reading groups, and coaching circles — five questions for each part of the book.

Read one Part together. Sit with the five questions below it. Let silence stay in the room.

PART I — PRE-PRODUCTION

Storyboard · Script · Cast

- 01 *Where have you been rearranging the storyboard instead of committing to one?*
- 02 *Whose voice have you been performing instead of your own?*
- 03 *Who has earned real authority in your story — and who has only earned a voice?*
- 04 *Where have you mistaken preparation for commitment?*
- 05 *What one decision would move your story from planning into production?*

PART II — PRINCIPAL PHOTOGRAPHY

Editing · Direction · Production

- 01 *What identity have you outgrown but kept performing?*
- 02 *What season have you labeled a failure that might still be unfinished footage?*
- 03 *Where are you right now — Decision, Trust, or Action?*
- 04 *What “call sheet” have you been avoiding because it feels too small to matter?*
- 05 *What would it cost you to film today’s scene instead of waiting for the whole picture?*

PART III — RELEASE

Distribution

- 01 *What have you finished but are still protecting from being seen?*
- 02 *Where has preparation quietly become fear in disguise?*
- 03 *Whose reaction are you still trying to control?*
- 04 *What are you ready to release, even without knowing how it will be received?*
- 05 *If you took the Director’s chair fully today, what would change first?*

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Every ending is a blank storyboard. Every blank page is an invitation.