



JOURNALING ON MOVIES & BOOKS TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING ON MOVIES & BOOKS

Why do we read books, watch movies, and listen to music? Well there are many reasons. Quite simply we could say it's for the entertainment. But on a deeper level we can say it's for the emotions they evoke in us. How it makes us feel. The way it changes how we see the world. The things it helps us learn and realize about ourselves, our lives, and our relationships. They speak to us. But often what they communicate to us is lost once we turn off the movie or close the book.

Why not journal on what you gained from the movie you just read or the book you just finished reading. That song that moved you so powerfully? What was it causing to bubble up inside you? What did it mean to you? What did it remind you of? How did it inspire you?

If you find yourself inspired or moved by something that you have just consumed for knowledge or entertainment take it a step further and contemplate it in your journal. We often receive beautiful and powerful ah ha moments through books, films, music, and art but we then allow those ah ha moments to slip away into obscurity again. We are missing out on the golden opportunities for improving and enriching our lives through the entertainment we consume. I invite you to take your entertainment to a new level.

Journal Prompts

- What is your favorite movie and why do you love it?
- Do the books and movies you enjoy most share an underlying theme? What is it? How could you incorporate that theme more into your own life?
- What book has had the most influence on you? In what way?
- What is a book, movie, song, or television program that has influenced you, and how?
- What is your favorite song?
- What kind of music do you enjoy listening to? How do you feel after you listen to it? Does it affect you positively or negatively?



Notes

A series of horizontal dotted lines for writing notes.

