



TEL·A·VISION

it's your story



TEL·A·VISION

"It's My Story"

Student Screenplay

My Name

(Confidential)



Writing the Scenes for Your Screenplay

In this screenplay YOU are the star. You get to write the scenes that will go into your movie. In each of the eight scenes we have given you sample questions and sample sentences, but remember “It Is Your Story”.

Writing Your Scenes

Each of your dreams/goals should be written as positive affirmation statements. These statements should be short and succinct, around six words per line if possible.

What is an affirmation statement?

Positive affirmations declare and confirm your positive beliefs about yourself and about life. These simple declarations of who you want to be and how you want to feel are a powerful means of self-transformation and the key element in creating your life of dreams. Any negative thoughts or limiting beliefs can be reprogrammed into positive feelings and images.

Guidelines for creating positive dream specific affirmations:

- Affirmations are positive.
- Avoid using the word “not” in an affirmation.
- Affirmations are stated in the present tense. Stating dreams as if they have already happened give them more power.
- Be as specific as possible, for example “I am living in Washington, DC”, not “I move to another state.”
- Begin your affirmations with “I am ...” wherever possible.
- Affirmations use action words.
- Affirmations are personal.

Affirmations are meant to be repeated and reviewed as a means to reinforce your positive beliefs in achieving your Dreams. You are actually giving instructions to your brain on what you want your life to become. Once you have completed your TEL.A.VISION, viewing it repeatedly will allow you to feel the emotions that you will experience as you achieve your goals. The stronger the feelings are, the more powerful the impact.

There are eight scenes for your screenplay. Answer as many questions as you feel comfortable with in each scene. We have given you examples to help you get started. When you are done with all eight scenes you will be ready to move on to “Lesson 5: Writing My Script.”



Scene I: My Unique Gifts

The following questions will help you think about your strengths and capabilities. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

What am I good at?	
What makes me different from others?	
What do I know?	
What behaviors do I value most in myself?	
What do I like about myself?	
What have I done that I am most proud of?	
What have I learned to do?	

Sample Unique Gift Sentences

I add humor to the world around me.

I am a good friend to others.

I always help others.

I remember people's names (or birthdays, etc.)

I work hard at whatever task I am given.

I imagine things that others cannot.

I find something I like in everyone.

I have learned to speak another language.

I am able to explain things so that others understand.

I keep my room and workspace very neat.



Scene 2: My Education

The following questions will help you think about your education. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

How far did I go in school?	
What is my best school subject?	
What is my favorite school subject?	
What do I learn?	
What have I struggled with, but still learned?	
What career did I study in school?	

Sample Education Statements

I am a high school graduate.

I have an Associates Degree in Liberal Arts and Sciences (or whatever).

I am a graduate from the University of Michigan (or other school).

I learned computer programming.

I am an excellent Biology (or whatever) student.

I am an expert in law (animals, plants, or whatever).

I went to cooking school (or whatever) to learn to be a chef.

I am a hard worker and learned how to write well.

I am a lifelong learner.



Scene 3: My Personal and Financial Goals

The following questions will help you think about your personal and financial goals. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

What is my current living situation?	
What is the “one thing” I really want to do in my life, that I did?	
What have I achieved financially?	
What role does money play in my life?	
How do I get the money I need in order to live?	

Sample Personal and Financial Statements

I live in my own apartment.

I own a beautiful home in the country.

I visit my birthplace in Cambodia (or other country).

I go to an all-inclusive resort in the Caribbean.

I have visited Washington, DC.

I own a Cadillac Escalade.

I move to NYC.

I ride my horse in the countryside.

I earn enough money to pay for my rent and food.

I spend within my means.

I have a job and earn \$xx,xxx (put in your income).

I earn money from my job and my parents and friends sometimes help me



Scene 4: My Family, Spirituality and Relationships

The following questions will help you think about your family, your spirituality (what you believe in) and your relationships. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

What is your relationship with your parents?	
What do you do with friends and relatives?	
Are you married? Do you have children?	
What are your spiritual/ religious beliefs?	

Sample Family/Spiritual/Relationship Statements

I am close to my family.

I cook dinner for my parents once a week.

I see my sister at least once a month.

I am married.

I have two children.

I am living with my parents.

I am helping my children grow up to be good people.

My beliefs are my bedrock.

I have quiet time by myself each day.

I find strength in daily prayer.

I have (a few, many) good friends.

I have two Golden Retrievers.



Scene 5: My Character

The following questions will help you think about your character, what you stand for. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

What do I care most about?	
In general, how do you treat others?	
What do you like best about yourself?	
What made you successful?	
What three words would you use to describe yourself?	
What is your biggest accomplishment?	

Sample Character Statements

I show compassion and support for people who need help.

I have the patience to remain calm.

I am tolerant and accepting of different views.

I am generous with my time and energy.

I treat all people fairly.

I have strength of mind and will.

I stand up for the rights of those I care about.

I learn from my mistakes.

I forgive others' mistakes.

I am an honest and genuine person.

My friends and I like and trust each other.

I am bold and daring.

I may start out being afraid, but I conquer the challenge.



Scene 6: My Career

The following questions will help you think about your career. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

What work do you see yourself doing?	
What job are you most interested in doing?	
What makes you a good worker?	
How do you feel about your job?	

Sample Career Statements

I am a veterinarian.

I am a teacher.

I am a professional (football, baseball, basketball, etc.) player.

I am a doctor or nurse.

I am in the Military (Army, Navy, Air Force or Marines).

I am a policeman or fireman.

I own my own small business.

I am a lawyer.

I am factory manager or worker.

I am a computer professional.

I am a chef, cook, or waiter.

I am a musician, singer, DJ, actor/actress.

I work in child care worker.

I am a farmer.

I am a hard worker.

I am trustworthy.

I am willing to do the dirty work.



Scene 7: My Recreation, Health, and Body Goals

The following questions will help you think about your recreation, health, and body. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

What do you enjoy doing when you are not working?	
What do you like about your appearance?	
What sports do you play or watch?	
How do you keep in good health?	
What would people like to know about your recreation?	
What is something CRAZY you have done?	

Recreation, Health, and Body Sample Statements

I am a movie buff.

I play on a softball (bowling, basketball, swimming, golf, etc.) team.

I am an Olympic gymnast.

I have traveled to every state in the U.S.

I have traveled around the world.

I work out at the gym at least twice a week.

I watch what I eat and put in my body.

I am proud of the way I look.

I walk every day.

I camp in national parks throughout the US.

I swam with dolphins in the Bahamas.

I go dancing 3 times a week.

I have sky dived over the Grand Canyon.



Scene 8: How I Give Back

The following questions will help you think about how you give back. Answer these questions about how you see yourself in ten years, not just how you are today. Phrase each of these in the present tense.

These are sample questions, if you have other questions that you feel fit in this area, feel free to add them, and then provide your answers.

How do you help others?	
What one issue are you committed to?	
What problem(s) did you help solve?	
What charities do you help, and how do you help them?	
How do you show appreciation?	

How Do You Give Back Sample Statements

I volunteer at the YMCA every week.

I walk in the March of Dimes every year.

I help end world hunger (or war, etc.).

I help children learn to read.

I am a coach for youth sports teams.

I baby-sit my younger brother.

I baby-sit my younger brother.

I volunteer with the elderly.

I work with Peace Jam.

I serve in AmeriCorps.

I am grateful for what I have.

I say thank you.

I help keep my neighborhood clean.