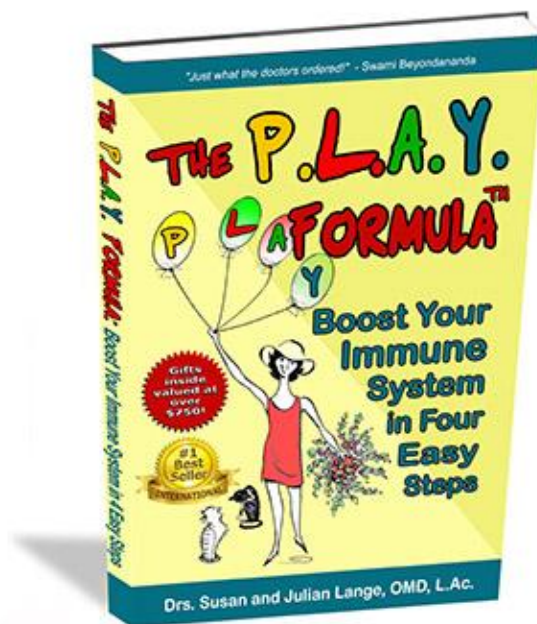


MY PERSONAL “MOVIE RATER”



from

The P.L.A.Y. Formula™

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MY PERSONAL "MOVIE RATER"

Print these pages out and fill them in, so that you have a list of *your* favorite Inspirational Comedies handy when you need them. Or keep them on the screen of your cell phone or iPad. This is to help you instantly reconnect with your "Ultimate Feel Good Factor". Remember, if you don't like movies, use this tool to list other favorite activities.

Here's how to rate a movie:

1. Write down the name of a favorite inspirational comedy on the line below:

Rate it according to the 4 Vital Questions:

- | | | | | | |
|-------------------------|---|---|---|---|---|
| 1. Physical Factor | 1 | 2 | 3 | 4 | 5 |
| 2. Laugh or Love Factor | 1 | 2 | 3 | 4 | 5 |
| 3. Awe-Inspiring Factor | 1 | 2 | 3 | 4 | 5 |
| 4. "You" Factor | 1 | 2 | 3 | 4 | 5 |

Add up the 4 scores:

And as you know, if it rates a 14 or above we think you've got a winner.

Watch this movie often!

If it's below 14 it's a dud. A dud means that it won't help you to upgrade your life.

2. Write down the name of another favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

- | | | | | | |
|-------------------------|---|---|---|---|---|
| 1. Physical Factor | 1 | 2 | 3 | 4 | 5 |
| 2. Laugh or Love Factor | 1 | 2 | 3 | 4 | 5 |
| 3. Awe-Inspiring Factor | 1 | 2 | 3 | 4 | 5 |
| 4. "You" Factor | 1 | 2 | 3 | 4 | 5 |

Add up the 4 scores: _____

3. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

1. **Physical Factor** 1____ 2____ 3____ 4____ 5

2. **Laugh or Love Factor** 1____ 2____ 3____ 4____ 5

3. **Awe-Inspiring Factor** 1____ 2____ 3____ 4____ 5

4. **“You” Factor** 1____ 2____ 3____ 4____ 5

Add up the 4 scores: _____

4. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

1. **Physical Factor** 1____ 2____ 3____ 4____ 5

2. **Laugh or Love Factor** 1____ 2____ 3____ 4____ 5

3. **Awe-Inspiring Factor** 1____ 2____ 3____ 4____ 5

4. **“You” Factor** 1____ 2____ 3____ 4____ 5

Add up the 4 scores: _____

5. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

1. **Physical Factor** 1____ 2____ 3____ 4____ 5

2. Laugh or Love Factor

1____ 2____ 3____ 4____ 5

3. Awe-Inspiring Factor

1____ 2____ 3____ 4____ 5

4. "You" Factor

1____ 2____ 3____ 4____ 5

Add up the 4 scores:

6. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

1. Physical Factor

1____ 2____ 3____ 4____ 5

2. Laugh or Love Factor

1____ 2____ 3____ 4____ 5

3. Awe-Inspiring Factor

1____ 2____ 3____ 4____ 5

4. "You" Factor

1____ 2____ 3____ 4____ 5

Add up the 4 scores:

7. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

1. Physical Factor

1____ 2____ 3____ 4____ 5

2. Laugh or Love Factor

1____ 2____ 3____ 4____ 5

3. Awe-Inspiring Factor

1____ 2____ 3____ 4____ 5

4. "You" Factor

1____ 2____ 3____ 4____ 5

Add up the 4 scores:

8. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

- | | |
|--------------------------------|-----------------------|
| 1. Physical Factor | 1____2____3____4____5 |
| 2. Laugh or Love Factor | 1____2____3____4____5 |
| 3. Awe-Inspiring Factor | 1____2____3____4____5 |
| 4. “You” Factor | 1____2____3____4____5 |

Add up the 4 scores:

9. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

- | | |
|--------------------------------|-----------------------|
| 1. Physical Factor | 1____2____3____4____5 |
| 2. Laugh or Love Factor | 1____2____3____4____5 |
| 3. Awe-Inspiring Factor | 1____2____3____4____5 |
| 4. “You” Factor | 1____2____3____4____5 |

Add up the 4 scores:

10. Write down the name of a favorite inspirational comedy:

Rate it according to the 4 Vital Questions:

- | | |
|-------------------------|-----------------------|
| 1. Physical Factor | 1____2____3____4____5 |
| 2. Laugh or Love Factor | 1____2____3____4____5 |
| 3. Awe-Inspiring Factor | 1____2____3____4____5 |
| 4. "You" Factor | 1____2____3____4____5 |

Add up the 4 scores: _____

Final Ratings:

Now list your movies in order with the highest scoring movie at the top and the lowest scoring movie at the bottom. **When you're feeling down reach for the highest scorers to reconnect with your Ultimate Feel Good Factor.**

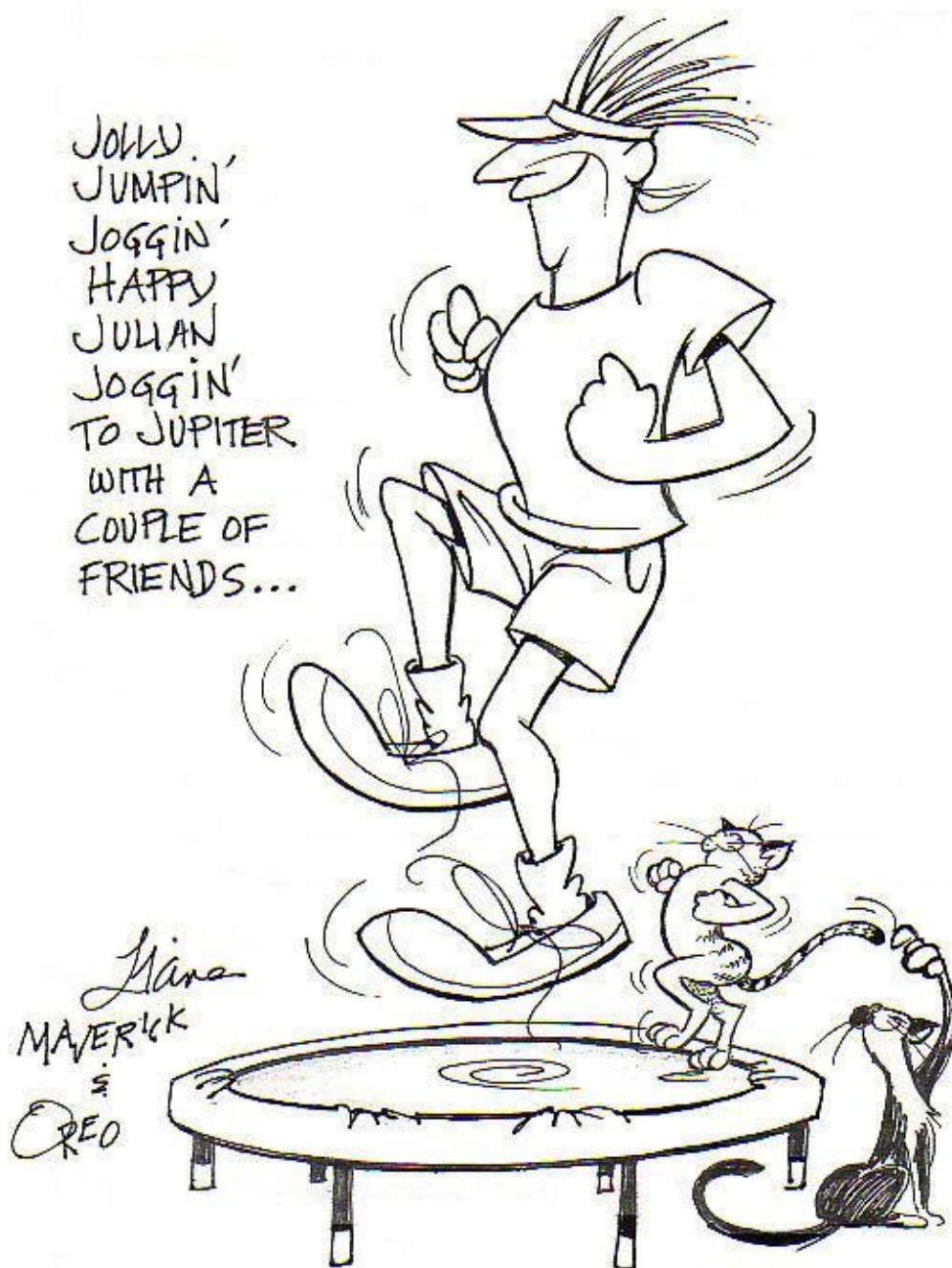
Remember **The P.L.A.Y. Formula™?**

Physical + Laugh/Love + Awe-Inspiring + You = ULTIMATE FEEL GOOD FACTOR

LIST YOUR MOVIES HERE:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.







To she whom brings Joy to the World
with her gifts of Pink Flowers and Laughter
Love Liane
MAVERICK & CREO

Don't stop now.

It's a perfect time to keep going with more ...



Remember: When you're feeling down, reach for the movies with the highest scores and reconnect with your "Ultimate Feel Good Factor."