

The background of the cover is a theater stage. Red curtains are pulled back on either side, revealing a light-colored stage floor. A bright spotlight illuminates the center of the floor. The text is centered on the stage.

Get
Inspired
By
Movies

Life Lessons from Movies for a Better You

A row of red theater seats is visible at the bottom of the image, set against a dark background.

Arun Luiz

**Get Inspired by
movies-
Life lessons from
movies for a better
YOU**

Arun Luiz



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AUTHOR PROOF
Clever Fox

TO THE READERS

My story

Year 2008

It was yet another depressing day for me as a PhD scholar in Chemistry at IIT Madras. I was feeling stuck on all fronts. My Mum was diagnosed with lung cancer and was undergoing chemotherapy followed by radiation treatment. My Dad, diabetic for over a decade, developed *diabetic retinopathy* and became completely blind. It was five years since I joined PhD and stipend was no longer available. I was broke. My PhD advisor took three years leave and temporarily joined another institute as Principal. So I had no advisor. My younger brother just joined for under-graduation. I was far away from home, away from dear ones, with no money, staring at the end of a tunnel, unable to see any light.

Indian Institute of Technology Madras (IIT Madras) founded in 1959 is consistently rated as the best among India's most prestigious universities. The beautiful campus spreads over 2.5-square-kilometre (0.97 sq mi), carved out of the Guindy National Park nearby, in the heart of Chennai city. It is home to spotted deer, black buck, bonnet macaque and other wildlife. It was on this campus, my love affair with books and movies began.

Watching movies and series, and reading books acted as a safety valve to release the academic pressure. I was found binge-watching *Friends*, *Prison Break*, *How I Met Your Mother*, *The Big Bang Theory* etc. Saturday movies at Open Air Theatre (OAT) were never to be missed. The first book I picked up to read was

“*If Tomorrow Comes*” by Sydney Sheldon and it turned out to be a fast-paced thriller. I went on to read all Sydney Sheldon novels published within a few months.

On that depressing day, I did something which I never did before. I started scribbling in a notebook, whatever came to my mind. It came out like this.

I VISITED MY TOMB TODAY

I visited my tomb today.

On top of a hill, I saw my sepulchre

They buried me here as I wished.

Only good thing that they ever did.

My epitaph read “Ain’t an idol, An idiot”

“How true those words were” wondered I.

I saw some flowers, lovely white lilies

With a note “Arun, you remain in our hearts”

“Whose words they were” wondered I.

I bend down to pick the flowers

Alas, it didn’t move an inch.

“I’m Ghost, I can’t, ” said I

I could feel the fragrance though,

Was it the perfume sprayed on my carcass?

I saw a few half-burnt candles and agarbatti

“Who prays for my soul?” wondered I.

I loved my serene new resting place

“Will they ever move my bones?” wondered I.

I saw many other graves beside mine

So similar, owners dead, buried and gone.

“Where are the other ghosts?” wondered I.

Few days have passed since I was dead

Not a dead soul I have met.

Now I know one thing for sure

I am all alone in this world too.

It took less than ten minutes to write this. And it was such a relief. I felt like all my problems vanished into thin air. Calmness and peace prevailed. Calmness, which I was seeking all these days. That was the day I realized the magic of writing, the relief obtained by penning your thoughts and keeping a journal.

I didn't write much for many years, except few Chemistry and Environmental Science textbooks. I came up with so many personal (read stupid) reasons for not doing so. But I used to tell myself like Arnold Schwarzenegger from the movie *Terminator* “*I'll be back*”. Today I say, “*I'm back*”. Ladies and gentlemen, I present before you my book. I enjoyed immensely writing this book, I hope you will love reading it.

ARUN

To

My Mum, My Dad for all the memories

Akhil, Magy and the little Thor

All movie lovers

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AUTHOR PROOF
Clever Fox



Movies can and do have tremendous influence
in shaping young lives in the realm of
entertainment towards the ideals and objectives
of normal adulthood.”

– **Walt Disney**

INTRODUCTION

We all remember the very first time we went to the cinemas. Most of us still remember the movie's name, a movie scene, or the food we had, though this happened a few decades ago. You might even remember the first time you wore that 3D glasses and turned your head away when a projectile came directly into your eye. Well, that is the power of the movies. Movies create memories.

Movies have a profound influence on our lives, more than we can ever imagine. At a certain point in our lives, we all visualized ourselves as the main character, delivering the dialogues, doing difficult dance steps, or doing those tough fight scenes. We felt happy when our hero won. We had our hearts broken when our favourite character lost. This is because we all related, and connected on an emotional level with that character.

I remember rooting for the character of Geeta Phogat, in the movie *Dangal*. When she won the Commonwealth gold medal on screen, the whole theatre erupted. When the national anthem was being played during the medal distribution ceremony, I stood up, though it was just a part of the scene. I was not alone. The majority of the crowd was found standing too. It happened in Chennai.

You might even remember the first time that your eyes swelled up with tears when your favourite actor died. I remember being so upset when Mufasa died in *The Lion King*. My throat went dry when one of my favourite characters, The Iron man, died in *Avengers: The Endgame*.

Sometimes, a simple movie dialogue can perfectly explain a real-life scenario, diffuse a tense situation, or make someone laugh. For example, two dialogues from *The Godfather* movie series “*Keep your friends close; keep your enemies closer*” and “*I’m gonna make him an offer he can’t refuse*” can be a part of normal conversations. The five-minute speech made by Charlie Chaplin in the movie *The Great Dictator* is so amazing and is still relevant, even after eighty years. He says “*We all want to help one another, human beings are like that. We want to live by each other’s happiness, not by each other’s misery. We don’t want to hate and despise one another*”. The happiness, pain, agony, and despair of the characters are transferred to the viewers.

Movies create memories – Pleasant or unpleasant. So is life.

What do movies teach us?

Movies have a greater impact than books because the former is more visual. People respond better to visual information than plain text. 90% of the information transmitted to the brain is visual. Studies reveal that visuals are processed 60, 000 times faster in the brain than text¹. That’s why when you hear or read “Harry Potter” bespectacled Actor Daniel Radcliffe’s image comes to your mind.

The history of cinema is short, just over one hundred years old. But, in these hundred-odd years, movies have influenced life in a big way. Movie stars became household names. Also, many real-life stories were adapted into films and they were able to reach more audience.

Many people believe that movies are for sheer entertainment. Some see movies as a way to escape from their problems temporarily. Good films have a positive impact on the viewer. They teach us how to dream and follow our dreams, how to stay

motivated and focus on our goals, how to believe in ourselves, how to be different etc.

The phenomenal success of the movie *Top gun* resulted in a 500% increase in applications to the United States aviation force². Animation movie, *Bambi* left everyone crying after the baby deer was orphaned after the hunters killed his mother. After the movie's release, there was a significant decrease in the number of huntings reported and this was called the "*Bambi effect*"³.

Some movies can have a negative influence on society. Both Hitler and Stalin used the magic of movies to promote their propaganda during WWII and did so very successfully⁴.

Of the top ten highest-grossing movies of all time, eight movies belong to the superhero or sci-fi genre. What could be the reason?

- *A superhero always wins.*
We love winners and want to be one.
- *A superhero makes a positive impact on society and spread smiles.*
We love to do the same.
- *A superhero is loved and revered.*
We love appreciation.
- *A superhero is courageous, brave, and bold.*
We love lionhearted heroes.
- *A superhero is vulnerable.*
We are also vulnerable.



In short, viewers relate closely on an emotional level to the superhero. Deep inside our subconscious minds, we portray ourselves as superheroes and want to be one. We tell ourselves that "*Not all superheroes wear capes.*" Fantasy elements associated with superhero stories serve as perfect escapism from real-life problems.

Movies, as experienced by viewers, fall into various genres. Action, drama, comedy, romance, horror, thriller, superhero- to name a few. Let us briefly discuss some life lessons from popular movies of different genres, which will be subsequently dealt with in detail in upcoming chapters.

- **Hope:** Imagine you are marooned on an island with a soccer ball. Days, weeks, and months pass by, yet there are no signs of any human civilization. Well, that's what happened to our protagonist Chuck Nolan (Tom Hanks), in the movie *Cast away*. Well acclaimed by viewers and critics alike, this movie is centred around hope. Hope is one thing that can help us to get through the darkest of times.

“Hope is a good thing, may be the best of the things. And good thing never dies.” - Andy Dufresne, The Shawshank Redemption

- **Perseverance:** The movie *The Shawshank Redemption* (currently rated #1 on IMDB) narrates the tale of banker Andy Dufresne's (Tim Robbins) 19-year term in prison. Andy wrote one letter a week for six years to the state legislature asking for books and funds to build a prison library and got it approved. By using a rock hammer, he chiselled away the prison walls for more than 15 years daily hoping to escape. This movie shows the redemption of Andy with his grit, determination, and perseverance making it an inspiring story of hope, and faith to motivate many.

“Do or Do not. There is no try” – Yoda, Star Wars

- **Motivation:** Underdog stories are always inspirational. In sports, you can find many examples where a champion is humbled by an underdog. You never expect an underdog to win, but when they win, history is made. The movie *Rocky* is

one such example. The story of *Rocky Balboa* is not just about boxing but of grit, struggle, hard work, and determination. It motivates us to grab the opportunities that are presented. Movies like *Cinderella man*, *Million dollar baby*, *Rudy*, and *Remember the Titans* all talk about the transformation of “nobody” becoming “somebody”.

“You must not let anyone define your limits because of where you come from. Your only limit is your soul.”
 – **Gusteau**, *Ratatouille*

- **Dreams:** “Don’t give up on your dreams. We started with DVDs.” Says a Netflix hoarding. Struggling father Chris Gardner, in the movie *The pursuit of happiness* had only one dream – to provide a good future for his son. Struggling to make both ends meet, he had only one thing on his side- Dream for a better tomorrow. The movie depicts how the protagonist overcomes his trials and tribulations and achieves his goals. Movies make you dream big.

“When you give up your dream, you die.” – **Nick Hurley**,
Flashdance

- **Soft skills:** Movies helps to fine-tune your soft skills such as verbal and non-verbal communication skills, listening skills, time management etc. Soft skills are an integral part of one’s personal and professional life. In the movie *Pretty Woman*, which was loosely based on George Bernard Shaw’s *Pygmalion*, the male protagonist Edward Lewis (Richard Gere), teaches the female lead Vivian Ward (Julia Roberts), how to dress, walk, talk etc. transforming her, boosting her self-confidence and self-esteem.

“It is not our abilities that show what we truly are. It is our choices.” – Albus Dumbledore, Harry Potter and the Chamber of Secrets

- **Experience:** Movies allows you to travel to places you’ve never been, to see things you’ve never seen, to experience things that you have never experienced. *“To unpathed waters, undreamed shores,”* as Shakespeare would say. Sitting in the comfort of your living room, you experience from the snow-covered Himalayas to the dry Kalahari Desert, from Grand Canyon to the Great Barrier reef. A virtual adventure, thanks to movies.

“When I get home I shall”write”a book about this place. If I ever do get home.” – Alice, Alice in Wonderland

- **Education:** *Jurassic Park* made us know about different species of dinosaurs that existed millions of years ago. *T-rex* became a household name. A period movie like *Gladiator* can be a history lesson to the viewers. It depicts the life of Gladiators and sheds light on the Roman culture prevalent at that time. These films have the power to transport viewers to a different era which is quite different from the modern era. Movies like *Braveheart*, *Titanic*, *Little women*, and *Ben-Hur*, *Lincoln* narrates a period story in a way appealing to a modern-day audience. Audrey Hepburn once said, *“Everything I learned, I learned from the movies.”*
- **Social issues:** Movies are a powerful medium for promoting awareness about social issues. Television and movies were highly successful in highlighting problems like corruption, poverty, racism, gender inequality, war, substance abuse etc. The movie *12 Years A Slave* narrates the heartbreaking story of Solomon Northup (Chiwetel Ejiofor), a free man who was captured and sold into captivity for twelve years. A shocking,

thought-provoking and educational movie which shows the dark sides of slavery in the nineteenth century.

- **Impress:** Want to impress someone? Want to make someone laugh? Try reciting a movie quote next time. Do your homework, study, and remember some famous movie quotes that everyone can relate to. Find the right words for the right occasion and insert them strategically in the conversation and see the magic you created.

Movies Vs Life

A typical movie ends in 2-3 hours. Everything happens so fast- Falling in love, marriage, breaking up, death etc. A newly born turns an adult in 30 minutes. The audience experiences an emotional roller coaster in these few hours. Good Movies rarely have dull moments. Boring elements are edited out. Mostly Characters are portrayed as perfect, and flawless. A typical hero will have flawless skin, a toned body, a perfect smile, excellent dancing, and fighting skills. Actors can rehearse for the scene and shoot any number of times till a perfect shot is obtained. Movies are interwoven with fantasy, exaggeration, luck, and serendipity. Incredible things happen, that too very fast. Movies can be predictable. Quite often, movies are too surreal to be real.

Life lasts for a few decades; things happen in their own sweet time. Events happen only once. No retakes, no second chances. You snooze, you lose. Grab the opportunity, or it is lost forever. People are flawed, and they pretend to be perfect. Unless you decide to sing for yourself, life doesn't have a background score either. Life is never predictable. Life is a mixed bag, full of emotions- Joy, Surprise, Sadness, Anger, Disgust, Contempt, Fear, Shame, and Guilt. As Forrest Gump said - "*Life is like a box of chocolates; you never know what you're going to get.*"

Movies come in a different genre. Life comes in different flavours.

Books Vs Movies

As mentioned earlier, movies are more visual, and viewers can easily relate to the settings, characters, and scenery in a minute, while this requires elaborate narration in books. Self-help books and motivational movies share one common problem. The impact they make is often short-lived. We get excited, ecstatic and exuberant during the process of reading the book or watching the movie. We promise ourselves to start “something new“ from tomorrow on. But that tomorrow never comes. I hope this book will bring you that tomorrow which you have always aspired for.

The pleasure of watching movies

Watching good movies is always a pleasure. But how do you watch it like a pro? Here are some tips

- Switch your film critic mode ON.
- Put your phone away.
- Turn the subtitles on. Sometimes you may mishear or misinterpret some words.
- Go back and watch if you need to.
- Note down the impactful dialogues or conversations. You can google it later.
- Occasionally pause the video to understand the setting and camera angles. Many directors leave clues about upcoming scenes that can only be decoded by careful observation.
- Do not skip any part because you find it boring or you didn't understand it.

“Just because you cannot understand something doesn't mean it's wrong” – Arthur, The sword in the stone.

- Visualize the characters speaking to you, trying to tell you something important. Feel that this dialogue was meant for you.
- Watch movie till the very end, many movies show some important scenes or some clips from the sequel while subtitles are displayed (especially for superhero movies). Also, make sure that you read this book to the last page.
- After finishing the movie, talk with your friends about the movie.
- Read the Wikipedia article about the movie. It gives the budget, box office collection, stars, casting, interesting inside stories etc. Sometimes, I do read Wikipedia while watching the movie, because I have absolutely no clue of what is happening. And it helps.

What is this book about?

As you who understood already, this book deals with life through movies, aka real-life via reels. You will find your favourite characters talking to you in a language you understand, making you happy because you are special, motivating you because you need it, and inspiring you to be better because you are not perfect. This book encourages the reader to use movies as a medium for self-reflection and self-improvement. Get inspired by speeches, monologues, wedding toasts, pep talks, and celebrations. Good stories told effectively compels people to change, good movies do have a similar effect. Rewatch the movies with renewed passion from a different perspective. Laugh, cry, shout, cheer or roll on the floor-do whatever you want.

*“Why so serious? Let’s put a smile on that face.” – Joker,
The Dark Knight*

How to use this book?

Consider this book as an invitation to watch the movies you have missed or movies you have forgotten. If you haven't watched it, start watching with an open mind. If you have watched it, watch it again and reconnect. Most of the movies mentioned in the upcoming chapters are worth rewatching. These movies and movie characters will help you to become a better person or change your life or give you some new perspectives. Seeing ordinary people transform into heroes in a few hours can boost your confidence. Many movies are based on real life- *The Social Network*, *Erin Brockovich*, *Into the Wild*, *127 Hours* to name a few. So, not everything is about fantasy and fiction. Let these movies inspire you to achieve that goal which seems far away.

"What are we waiting for?" – Mickey, Rocky

CHAPTER 1

MISSION IMPOSSIBLE

“To infinity and Beyond” – Buzz light year, Toy story

Mission: Impossible is a series of American action spy films where the protagonist, Ethan Hunt (Tom Cruise), an agent of the Impossible Missions Force (I.M.F.) has been assigned to carry out impossible missions. In life, we often find certain goals impossible. Impossible goals are the goals that you want to achieve, but they look extremely difficult or unlikely to achieve in the present situation. These goals may seem humongous, intimidating, time-consuming and even unachievable. We ask ourselves, Can these impossible goals be ever achieved? Is it possible? Is it possible only in movies or in real life?

According to Barney Stinson (Neil Patrick Harris), a character in the popular sitcom *How I met your mother*, there is a place where possible and impossible meet, called Possimpibile. He adds, *“Nothing and everything is Possimpibile”*. It may sound funny, but it is true *“Everything is possible”*. Now, let us begin the journey to kick out “Im” from “Impossible”.

Impossible



Possible

LESSON # 1

DREAM BIG

No dream is too big, and no dreamer is too small – Turbo, Turbo

Turbo (voiced by Ryan Reynolds) is an animation movie about a speed-obsessed snail with an unusual dream: to become the world's greatest racer. Yes, Turbo is a SNAIL, and he wants to become the world's greatest racer!! No dream is too big for him.

Humans are different from other animals because they can smile, think and dream. Different people have different dreams. The first thing I ask you to do is to dream. Dream big. Dream big about something specific.

Dream big about

- things you want to achieve
 - the person you want to become
 - the difference you want to make
-

Dreaming big can boost your confidence which makes you believe that you can achieve things. The magnitude of your dream should scare you and excite you at the same time. Dream something big, so big that when you spell out your dream to someone out there, they start to laugh. James Cameron, the director of blockbusters like *Titanic*, *Avatar* etc, said, “*If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success.*”

“*To Infinity and Beyond!*” is the famous catchphrase of Buzz Lightyear in the *Toy Story* film series. Infinity has no limits, and hence cannot be reached. Thus, the expression “To infinity and

beyond!” means to go beyond the limitless possibilities. Trust yourself, and believe that your big dream can be achieved.

A big dream

- excites you
- motivates you
- inspires you
- scares you

Write down your dreams. Ask yourself why this dream is important to you. Setting a deadline to achieve the dream will keep you focused. If you have more than one dream, follow one dream at a time. Once the dream is achieved, don't relax. Follow another dream or upgrade the current dream.

From childhood onwards, I had only one dream- To be a teacher. I did become one. Later, I wanted to publish books, which I did. Now here I am, dreaming to be a source of inspiration to many, transforming lives.

Listening to the “*I Have A Dream*” song by ABBA can inspire you.

*I Have a Dream, a song to sing
To help me cope, with anything
If you see the wonder, of a fairy tale
You can take the future, even if you fail*

*I believe in angels
Something good in everything I see
I believe in angels
When I know the time is right for me
I'll cross the stream, I Have a Dream*

4 Get Inspired by movies- Life lessons from movies for a better YOU

“*I have a dream*” speech made by Dr. Martin Luther King, Jr on August 28, 1963, in front of 250, 000 civil supporters was the turning point in the Civil Right Movement in the United States. He said, “*I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin, but by the content of their character.*” He made Americans dream together with him, for a better America.

Here is the list of some movie characters who dreamed big.

Character (Movie)	Dream
Jess Bhamra (<i>Bend it like Beckham</i>)	To become a professional footballer
George Bailey (<i>It's a wonderful life</i>)	To make the world a better place
Elizabeth Gilbert (<i>Eat, Pray, Love</i>)	To search for inner peace, fulfilment and love
Andrew (<i>Whiplash</i>)	To be a successful professional jazz drummer.
Trevor Mckinney (<i>Pay it Forward</i>)	To change the world for the better
Homer Hickam (<i>October Sky</i>)	To build rockets and become an engineer for NASA

LESSON # 2

NEVER LATE TO PURSUE YOUR DREAMS

“But only in their dreams can a man be truly free. It was always thus, and always thus will be.” - John Keating, Dead Poets Society

We all have given up on many of our childhood dreams as we grew up. We cite many reasons for doing so. Lack of time, money, courage, and peer pressure to name a few. Now we feel that we are too old to pursue that dream, or we find it too silly. A survey conducted in 2020 by Zety, a résumé builder, showed that more than 6 in 10 Americans did not fulfil their childhood dreams⁵.

Sigmund Freud, famous Austrian neurologist said dreams act as a safety valve for the over-burdened brain. Dreams/ Goals set us free from questioning our self-worth and existence. Dreams give you courage and hope, most notably an intense desire in your heart to achieve. Dreams can liberate us; they don't have any expiry date.

It is never too late, nor you are too old to pursue your dreams. This message is beautifully conveyed in the movie *Up*. When Carl Fredrickson was a boy, he wanted to explore South America to find the forbidden Paradise Falls. After six decades, he finally decides to pursue his dream.

You are a story, it contains chapters of your life. Some happy chapters and some not-so-happy ones. Your story is not done yet. You can add new chapters to your story. Famous British writer, C.S. Lewis said “*You are never too old to set another goal or to dream a new dream*”. Pursuing your dream will help you to liberate yourself from the regret of not trying.

LESSON # 3

SET SMALL GOALS FOR YOUR BIG DREAM

“We walk away from our dreams afraid we may fail, or worse yet, afraid we may succeed.” – William Forrester, Finding Forrester

Now you have your BIG dream written in front of you. It's so big that it is scary, it is intimidating. You ask yourself, "Can I do this?" "How will I do this?" "When will I be able to do this?". It can happen to anyone. People are more afraid of the outcome of the process than the process itself. So afraid that they give up, overwhelmed, scared, and dejected.

Dreams are created in the mind while goals are based on taking action. Napoleon Hill, the author of famous book "*Think and Grow Rich*" said, "*A goal is a dream with a deadline*". A big dream has to be converted into smaller goals. Smaller goals that can be easily achieved. A five-year goal can be broken into one-year goals, six-month goals, quarterly goals, and monthly goals. Assign a deadline to the identified smaller goals. How to convert goals into action will be dealt with in chapter two, where we discuss taking action to reach the goal.

Smart people set S.M.A.R.T. goals. This acronym was first used by George T Doran in 1981⁶.

S.M.A.R.T Goals

- S - Specific - Well defined, clear, and unambiguous
 - M - Measurable - Measuring progress towards achieving the goal
 - A - Achievable - Attainable and not impossible to achieve
 - R - Realistic- Relevant to your life purpose
 - T - Timely- With a well defined timeline
-

If your goal is to become fit by losing 20 kilograms, set a target of losing 4 kilograms a month or one kilogram a week. If your goal is to become a motivational speaker, then your short-term goals can be improving your communication skills, vocabulary,

body language, anxiety control etc. Start small; small actions taken adds up.

- How do you eat an elephant? One bite at a time*
- How do you walk a thousand miles? One step at a time
- How do you move a mountain? One pebble at a time
- How do you write a book? One word at a time
- How do you travel the world? One country at a time.

* Attributed to Desmond Tute



If you want to be inspired about setting goals, please listen to Earl Nightingale's 1956 radio talk *The Strangest Secret* on YouTube. This spoken record sold over one million copies and received the first Gold Record for the spoken word.

Personally, I do carry my short-term goals and daily goals written on two different cards kept inside my wallet. I do look at them whenever I can to keep myself focused. Goals for the day are written the previous night. I strike off the tasks completed once it is done. In case, I am not able to do one task on the designated day, it will be added to the next day's goal list.

LESSON # 4

GET INSPIRED, STAY MOTIVATED

“Don’t ever let someone tell you that you can’t do something. Not even me. You got a dream, you gotta protect it. When people can’t do something themselves, they’re gonna tell you that you can’t do it. If you want something, go get it. Period.”— Chris Gardner, The Pursuit of Happiness

Inspiration is the invisible force that drives us to push our limits and helps us to attain what is perceived to be unattainable. Different people are inspired in a different set of ways. For some people, inspiration comes from reading a book, many turn into prayers, some others turn to sports for inspiration, and some listen to music. Movie lovers like you and I can turn to movies for inspiration.

A rat aspiring to become a top chef? Sounds Impossible. In the animation movie, *Ratatouille*, the lead character is Remy, a rat. He moves to Paris to follow his dream to become a renowned French chef. Remy is a classic example of the Latin idiom, “*Per aspera, ad astra*”, (meaning “through hardships to the stars”) literally. Get inspired by Remo.

One of the biggest problems associated with motivation is that it is short-lived. It is difficult to stay motivated. The biggest motivation comes from within. Imagine the outcome of your biggest dream. You can’t be what you can’t see. Any object around you was created in the mind of someone and then transformed into reality. Visualization trains your brain to see, hear, and feel the success in your mind. Let that visualisation drive the fulfilment of dreams.

A goal chart can act as a road map to your goals. It could be a simple whiteboard with goals written, or a post-it notes of different colours on a poster board or it can be an application on your phone or computer. Self-made posters proclaiming your dream, pictures, stories, newspaper and magazine articles, songs etc can also motivate you to reach the dream goal. Let others know about your goal. Build a support system.

Soul surfer movie is based on the true story of teenage surfer Bethany Hamilton, who lost an arm in a gruesome shark attack. With the help of her parents, she returns to the sport she loves giving us the message – stay motivated and never give up on your dreams.

ACTIVITIES

- Listen to Earl Nightingale's 1956 radio talk *The Strangest Secret* on YouTube.
- Write down your top three(or five) dreams along with the deadline. The very act of writing down your dreams shows commitment on your part. Follow your very first dream because that was the first thing that came to your mind. Break that dream into manageable goals with a specified deadline. Also, write down what are the probable road blocks and how you want to tackle them. Track your progress on a daily or weekly basis.
- Make a visual poster of the dream and hang it in the place where you see it often. It could be hanging over your desk, on your refrigerator or your computer desktop.
- Imagine that you have already achieved the dream. Visualise how your life has transformed.
- Write down your top three childhood dreams. See if you still pursue any one of those. Playing the guitar, learning how to dance etc can still be achieved.

Film Recommendations about setting goals, target

- ***Erin Brockovich* (2000) Directed by Steven Soderbergh.** An unemployed single mother Erin Brockovich (Julia Roberts) becomes a legal assistant and discovers a major company has been polluting water with toxic chromium salts putting the health of the residents at risk. With the help of her employer, she sets off to seek justice against a big company. This movie is based on a true story and can inspire you to keep fighting against all odds, no matter what comes in front of you.

Interesting fact: Julia Roberts won an Academy Award for her role.

- ***Ratatouille* (2007) Directed by Brad Bird.** Remy is a rat who lives in the attic of a French country home with his family. Against his family's wishes, he aspires to be a gourmet chef. A dream a rodent can never achieve. He moves to Paris to follow his dream and befriends a garbage boy Linguini and gets access to Gusteau's restaurant kitchen. Can he achieve his dream?

- ***Up* (2009) Directed by Pete Docter.** When Carl Fredrickson was a boy, he wanted to explore South America to find the forbidden Paradise Falls. Later he marries Elle and begins saving for a trip to Paradise Falls. Elle dies, leaving the dream unfulfilled. After the death of his beloved wife, he lifts his house into the air with thousands of balloons with the help of a Boy Scout named Russel with a dream to reach Paradise Falls. Will he fulfil his dreams despite his old age? *Up* tells you one thing- we have the potential to do great things, regardless of age.

Interesting fact: *Up* was the first-ever animated movie to open the prestigious Cannes Film Festival in France.

- ***Finding Nemo* (2003) was directed by Andrew Stanton.** This movie is about a clownfish, Marlin, whose son Nemo gets abducted from the Great Barrier Reef and is dispatched

to Sydney. Marlin goes in search of his son. Dory, a blue tang, tags along in his search. Marlin inspires us to keep moving, keep trying, and keep going till the goal is reached.

- **Rudy (1993) Directed by Davis Anspaugh.** Rudy is a movie based on a true story. A story of a spirited boy Rudy Ruettiger (Sean Astin) who wants to play football at the University of Notre Dame with all odds stacked against him. He was told that he was too small to play college football. Nothing seems to prevent this young man from achieving his dream. This is a story of courage, willpower, determination and grit. If this movie doesn't motivate you, no other movie will.
- **Turbo (2013) Directed by David Soren.** Turbo a speed-obsessed snail, has an unusual dream: to become the world's greatest racer. A freak accident gives him superspeed. Turbo thus begins his journey to fulfil his dreams. Turbo teaches you one thing- don't let your limitations get in the way of achieving your dreams.

Inspiring movie quotes about setting goals, target

- “Do, or do not. There is no try.” – Yoda (*Star Wars Episode V: The Empire Strikes Back*, 1980)
- “When life gets you down, you know what you gotta do? Just keep swimming.” — Dory (*Finding Nemo*, 2003)
- “It is not our abilities that show what we truly are ... it is our choices.” – Dumbledore (*Harry Potter and the Chamber of Secrets*, 2002)
- “Everything is possible, even the impossible.” – Mary Poppins (*Mary Poppins Returns*, 2019)
- “Why are you trying so hard to fit in when you were born to stand out?” – Ian Wallace (*What a girl wants*, 2003)
- “Don't let anyone ever make you feel like you don't deserve what you want”- Patrick Verona (*10 Things I hate about you*, 1999)

- “*We are who we chose to be*” – Green Goblin (*Spider-Man*, 2002)
- “*Get busy living, or get busy dying*” – Andy Dufresne(*The Shawshank redemption*, 1994)
- “*You cannot live your life to please others. The choice must be yours*”. –White Queen(*Alice in Wonderland*, 2010)
- “*It’s what you do right now that makes a difference*”.– Struecker(*Black Hawk Down*, 2001)

SUMMARY

Dreams

- Dream big.No dream is too big, and no dreamer is too small.
- Good dreams don’t have an expiry date. You are never late to pursue your dreams.

Goals

- Dreams are created in the mind while goals are based on taking action.
- A goal is a dream with a deadline
- Set short time-framed goals to achieve a big dream.
- Pursue S.M.A.R.T.goals. S.M.A.R.T. goals are Specific, Measurable, Attainable, Relevant, and Timely.
- Visualize the outcome of your biggest dream. You can’t be what you can’t see.

Inspiration and motivation

- Get inspired, and stay motivated till the goal is reached.
- The biggest motivation comes from within.

SELF PONDERING EXERCISE

1. Which of the recommended movies mentioned in the chapter inspired you the most? Which movie you feel like watching?

2. Write the reasons for getting inspired by that movie. Write the lessons from the movie which you can adopt into your life.
 - a. _____
 - b. _____
3. Reach out to arunluizt@gmail.com to book an interactive session to know more about achieving goals and staying motivated.

AUTHOR PROFILE
Clever Fox