

# **Change Your Life in 8 Weeks at the Movies**

by Mark Joyner

*A Supplementary Experience to  
"The Free Agent Path"*

(Important: Please forward this little file to everyone you know. It will, indeed, change their lives.)

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# Introduction

**W**hat if we could change our lives for the better simply by watching **8 highly entertaining and inspirational films** over the course of 8 weeks?

The Free Agent Path teaches us that Hollywood media is programming you for failure. It's a shame since the moving picture with sound (via film and video) is the most powerful form of communication **and education** known to man.

The good news is that there are films out there that are so profoundly moving and inspiring that seeing them once can utterly change your life forever.

This fun 8 week experience will expose you to one profoundly moving film each week and include simple exercises to enhance your experience.

These films are selected based on their ability to **shock you out of complacency** and program you for success.

At the end of these 8 weeks you will see the world through different eyes. You will know, without question, that any and all obstacles can be overcome if you simply apply the principles of faith, persistence, and patience.

Enjoy these films as a transformational experience you have alone, or make it an experience you share with family and friends ...

To get the most out of it, though, you should be on [The Free Agent Path](#) concurrently. It's free, easy, and exciting ...

# Week 1

## “The Shawshank Redemption”

**Step 1.** Make sure you have started your personal Step by Step action path at [The Free Agent Path](#).

**Step 2.** Watch “The Shawshank Redemption”

**Step 3.** Simply ponder these ideas this week:

How are you like Andy in your current “slave situation”?

What does Andy teach us about triumph over adversity?

Imagine what Andy and Red felt like at the end. Imagine what you will feel like when you break from your slavery.

## Week 2

### “Stand and Deliver”

**Step 1.** If you have not already done so, begin forming your Master Mind group at the Free Agent Path.

**Step 2.** Watch “Stand and Deliver”

**Step 3.** Simply ponder these ideas this week:

How do people react to those who are trying to improve their lot in life?

Will people sometimes try to bring you down when you are trying to make yourself successful? Will listening to their attempts to convince you to quit help you or will it steal your dreams?

Does it really matter what “cards you’ve been dealt” in life? Does your past determine your future, or does ***the action you take right now*** determine your future?

## Week 3

### "Braveheart"

**Step 1.** Begin discussing these films with your Master Mind group on The Free Agent Path.

**Step 2.** Watch "Braveheart"

**Step 3.** Simply ponder these ideas this week:

What was the last word uttered by William Wallace in the film?

Will you allow yourself to be oppressed or will you bravely do what it takes to set yourself free?

What was symbolized by the handkerchief that held the dried flower?

## Week 4

### "Jerry Maguire"

**Step 1.** Check to make sure that your Master Mind group in the Free Agent Path is watching these films, too.

**Step 2.** Watch "Jerry Maguire"

**Step 3.** Simply ponder these ideas this week:

What's more important? The number of relationships you have or the quality of those relationships?

Did the people who staid at the company when Jerry asked them to follow him stay because they didn't believe in his ideas or because they were afraid of being judged by others?

## Week 5

### "Rudy"

**Step 1.** How far along are you on the steps in The Free Agent Path? Have you been actually following the steps and doing what is asked there? Have you begun building a team? Have you opened up your first Free Agent Income Stream?

**Step 2.** Watch "Rudy"

**Step 3.** Simply ponder these ideas this week:

When people told Rudy he couldn't achieve what he wanted to achieve what did he do?

When faced with obstacles, how did Rudy respond to them?

What was his ultimate outcome? Would you say he was successful?

How did he earn the respect of others ultimately? Did that respect come instantly or easily to him? What did he have to endure on his path?

## Week 6

### "The Empire Strikes Back"

**Step 1.** Have you been actively participating in your Master Mind group? Are you continually making progress on the Free Agent Path? Have you printed out "The 5 Promises of the Free Agent Path" and are you reciting it once a day? Do you have your Flow Goal statement printed out by your bed and do you read it once in the morning and at night?

**Step 2.** Watch "The Empire Strikes Back"

**Step 3.** Simply ponder these ideas this week:

What is the limit of the power of the mind?

If Luke had continued to believe that what Yoda asked him to do was impossible would he have been able to learn anything?

What did Luke say right before Yoda said, "*That... is why you fail.*"

Finish this sentence of Yoda's: "*Do or do not. There is no \_\_\_\_\_*"

## Week 7

### “Life is Beautiful”

**Step 1.** Check yourself: how are you responding to the obstacles that stand in your way? When you are faced with negativity or “problems” how are you dealing with them?

**Step 2.** Watch “Life is Beautiful”

**Step 3.** Simply ponder these ideas this week:

How would have Guido’s son dealt with their circumstances had Guido not proactively taken steps to keep his spirits high?

Does giving in to circumstance and despair benefit you in any way?

## Week 8

### "Rocky"

**Step 1.** Go get your "Flow Goal Statement" that you printed out at The Free Agent Path (if you have not yet done this, simply go through the steps and in the first few you will be directed to print out your Flow Goal Statement). Before you sit down to watch this movie read this statement to yourself aloud at least once. Say it with feeling. If you can't find a private place to do this, say it quietly to yourself, but with feeling. Say it three times and "psych yourself."

**Step 2.** Watch "Rocky"

**Step 3.** Simply ponder these ideas this week:

If Rocky had listened to the people who told him he couldn't succeed would he have succeeded?

Was Rocky especially intelligent?

Did Rocky have any special upbringing?

How big of a roll did persistence play in Rocky's success?

# Addendum

Here are some other films you may find to be extremely inspirational:

12 O'clock High  
Apollo 13  
Gandhi  
Gladiator  
It's a Wonderful Life  
Joe Versus the Volcano  
Lawrence of Arabia

[The Free Agent Path](#) doesn't end here, though. Keep following the steps, keep building your team, never ever quit ...

... and freedom will soon be yours.

All the best!

Mark Joyner  
Founder, The Free Agent Path