

CLICK TO ACTIVATE: 60-Second Seed Film

DIGEST : (1st draft // rewrite)

Let's Get Lit(erate) Brief intro: glance at landscape what and how are we fed?	Media Diet Check-In What shapes your worldview?
Stories & Messages: What are you eating? What are you hungry for? What would you want to add to the menu? (does it pass the #ontheway test?) A. Grounded in truth B. Spreads love	
I AM Accept & love thyself (your truth is your truth)	
Focusing question: What's the 1 thing I can do, which by doing it would make all else easier or unnecessary? When I get 😞😞😞😞😞, I can...N 🙌 1. Notice 2. Acknowledge 3. Release & Recenter 4. Meditate ➡️	
Finish the Sentence (x20): I Am _____	
Cre8 Love	
What seed(s) are a priority for you to spread? for who? How? <u>My monologue</u> , Ur monologue: (6 word >>)	

If you're unfamiliar with ontheway, the menu above gives you a taste and an opportunity to start.

None of it has to be perfect but allow yourself to start a conversation that gives you space to decide aspects of your life that we usually leave to algorithms & emotional impulses.



WWW.OTWAY.MEDIA/MMM



“What does your life look like online? What does your life offline look like? If you don’t work on that balance, one will become the escape for the other.

plant your seed and let’s identify the best ways to
nourish your garden.

LGL - If time were limited, what priorities would you set for the stories you’d feed your mind? What is our relationship with negative stories? How can we focus more on positive thinking?

IAM - What moments do you create for your mind to rest, recoup, and regenerate?

LC8 - And what message/truth is most important for you to release, share, or express?

Progress & Process:

breathe & proceed

Audience: 1st you, then your loved ones, then your community

LGL

1. Is there a myth that's keeping you or your audience from their truth?
2. What media inspires and fuels you?
3. What story or perspective do you feel is left out of the conversation?

I AM

Us vs them < us vs the problem

1. Before you start, creating, what's the 1 thing you can do for yourself?
2. What do you need to Notice & Release to be present for your doing the work?
3. Try meditating just on "I Am" (for 5 minutes, know that you are more than words ✨)

C8L

1. Rewrite your 6-word story x 3 times or build on it: what seed do you need to nourish?
2. Practice sharing your stour story (with friends,family, or me)
3. What routines can you set to nourish your seed?

PLANT YOUR SEED by
Making a copy, completing, & submitting
at/to mindfulm3dia@gmail.com

