

Opening = Promise

Act 1 = Set Up

Hero's Journey - The Monomyth (see separate sheet at end)

Movie examples:

STAR WARS

Normal world: farmer on a backwater planet.

1. Call to Adventure - Princess Leia's message (R2D2)
2. Refusal of Call - Must help with the harvest
3. Supernatural Aid - Obi-wan rescues Luke from sand people
4. Crossing 1st Threshold - Escaping Tatooine
5. Belly of the Whale - Trash compactor
6. Road of Trials - Lightsaber practice aboard space ship
7. Meeting the Goddess - Princess Leia (after battles, Luke & Han gain high regard)
8. Temptation - Luke is tempted by the Dark Side (Han - "take the money and run")
9. Atonement with Father - Darth and Luke face off
10. Apostasis - Luke becomes a Jedi (use the force-turn off computer)
11. Ultimate Boon - Death Star destroyed
12. Refusal to Return - Luke wants to stay to avenge Obi-Wan
13. Magic Flight - Millennium Falcon (earlier -escape from Death Star)
14. Rescue from Without - Han Solo saves Luke from Darth Vader
15. Crossing Return Threshold - Millennium Falcon destroys pursuing TIE fighters
16. Master of Two Worlds - Victory ceremony
17. Freedom to Live - Rebellion is victorious over Empire

THE MATRIX

Normal world: Living in a bleak cubicle.

1. Call to Adventure - Follow the white rabbit
2. Refusal of Call - Neo won't climb out window
3. Supernatural Aid - Trinity extracts the bug from Neo
4. Crossing 1st Threshold - Neo is taken out of the Matrix for the first time
5. Belly of the Whale - Torture room
6. Road of Trials - Sparring with Morpheus
7. Meeting the Goddess - The Oracle
8. Temptation - Cypher is tempted by the world of comfortable illusions
9. Atonement with Father - Neo rescues and comes to agree with his father-figure, Morpheus
10. Apostasis - Neo becomes The One
11. Ultimate Boon - Humanity's salvation now within reach
12. Refusal to Return - Neo fights agent instead of running
13. Magic Flight - "Jacking in"
14. Rescue from Without - Trinity saves Neo from agents
15. Crossing Return Threshold - Neo fights Agent Smith
16. Master of Two Worlds - Neo's declares victory over machines in final phone call
17. Freedom to Live - Humans are victorious over machines

Star Wars: A New Hope - Synopsis

Luke Skywalker is an orphan living with his uncle and aunt on the remote wilderness of Tatooine.

He is rescued from aliens by wise, bearded Ben Kenobi, who turns out to be a Jedi Knight.

Ben reveals to Luke that Luke's father was also a Jedi knight, and was the best pilot he'd ever seen.

Luke is also instructed in how to use the Jedi light saber, as he too trains to become a Jedi.

Luke has many adventures in the Galaxy and makes new friends, such as Han Solo and Princess Leia.

In the course of those adventures, he distinguishes himself as a top

X-wing pilot in the battle of the Death Star, making the direct hit that secures the Rebel's victory against the force of evil.

Luke also pushes off the threat of Dearth Vader, who we know murdered his uncle and aunt.

In the finale, Luke and his new friends receive medals of valor.

Harry Potter and the Philosopher's Stone

~~Star Wars: A New Hope - Synopsis~~

Harry Potter

~~Luke Skywalker~~ is an orphan living with his uncle and aunt on the remote wilderness of ~~Tatooine~~. ~~suburbia~~.

He is rescued from ~~aliens~~ ^{muggles} by wise, bearded ~~Ben Kenobi~~ ^{Hagrid}, who turns out to be a ~~Jedi Knight~~. ~~wizard~~.

~~Ben~~ ^{Hagrid} reveals to ~~Luke~~ ^{Harry} that ~~Luke's~~ ^{Harry's} father was also a ~~Jedi knight~~ ^{wizard}, and was the best ~~pilot~~ ^{Quiddish player} he'd ever seen.

~~Luke~~ ^{Harry} is also instructed in how to use the ~~Jedi light-saber~~ ^{magic wand}, as he too trains to become a ~~Jedi~~. ~~wizard~~.

~~Luke~~ ^{Harry} has many adventures in ~~the Galaxy~~ ^{Hogwarts} and makes new friends, such as ~~Han Solo~~ ^{Ron} and ~~Princess Leia~~ ^{Hermione}.

In the course of those adventures, he distinguishes himself as a top ~~wing pilot~~ ^{Quiddich Seeker} in the battle of the ~~Death Star~~ ^{Quiddich Cup Match}, making the ~~direct hit~~ ^{catch} that secures the ~~Rebel's~~ ^{Griffindor's} victory against the force of evil, ~~Slitheria~~!

~~Luke~~ ^{Harry} also pushes off the threat of ~~Death Vader~~ ^{Lord Voldemort}, who we know murdered his ~~uncle and aunt~~. ~~parents~~.

In the finale, ~~Luke~~ ^{Harry} and his new friends ~~receive medals of valor~~.
~~Win the house cup!~~

Marquerite Bonnett and the Fear of Public Speaking

~~Star Wars: A New Hope - Synopsis~~

^{Marquerite} ^{little girl} ^{her famous + difficult mother}
~~Luke Skywalker is an orphan living with his uncle and aunt on the remote wilderness of Tatooine.~~ ~~backstage.~~

^{a life of hiding} ^{not-so-} ^{Toastmasters}
~~He is rescued from aliens by wise, bearded Ben Kenobi, who turns out to be a Jedi Knight.~~ ^{incredible, fearless presenters.}

^{Toastmasters} ^{Marquerite} ^{her mother} ^{just a person}
~~Ben reveals to Luke that Luke's father was also a Jedi knight, and was the best pilot he'd ever seen.~~ ^{teacher. They'd}

^{Marquerite} ^{Toastmaster manuals}
~~Luke is also instructed in how to use the Jedi light saber, as he too trains to become a Jedi.~~ ^{an incredible, fearless presenter.}

^{Marquerite} ^{her club + beyond}
~~Luke has many adventures in the Galaxy and makes new friends, such as Han Solo and Princess Leia.~~
^{Mun Ng} ^{Josephine Lee.}

^{her}
In the course of those adventures, she distinguishes herself as a top ^{public speaker} ~~X-wing pilot~~ in the battle of the ^{Area Contest} ~~Death Star~~, making the ^{direct hit} that secures the ^{Rebel's} victory against the force of ^{evil.} ^{Winning speech} ~~competition!~~

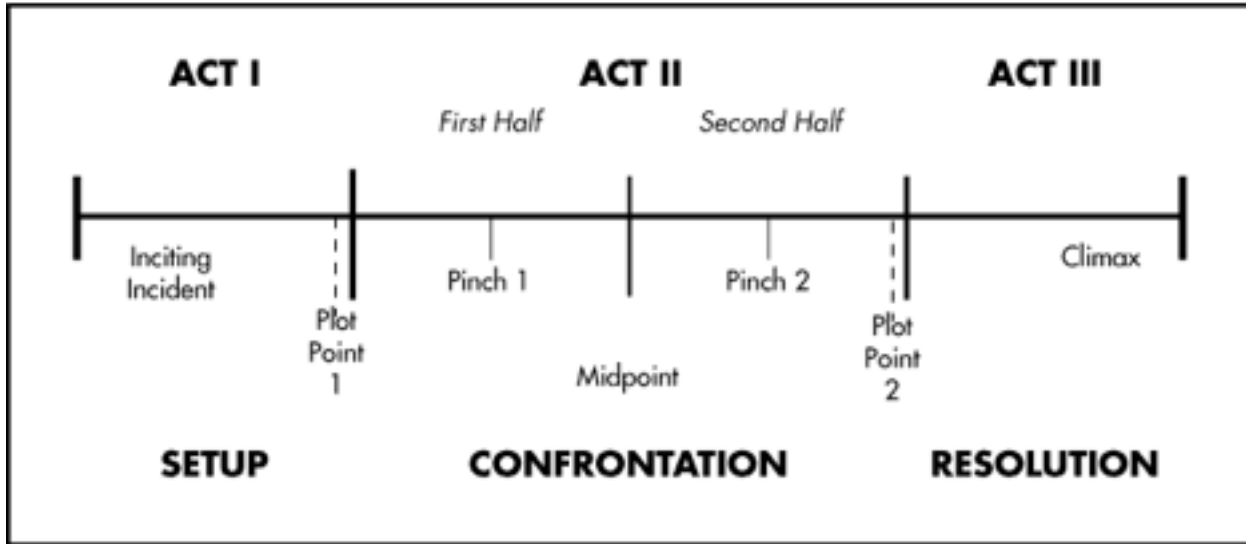
^{her club's} ^{Marquerite}
~~Luke also pushes off the threat of Death Vader, who we know murdered his ^{her} uncle and aunt.~~ ^{chance at becoming} ^{Those contest judges} ^{The World Champion of Public Speaking at} ~~The Division Level.~~

In the finale, ~~Luke~~ ^{her} and his ^{all} new friends receive medals of valor ~~after their~~ ^{Letters} ~~names.~~

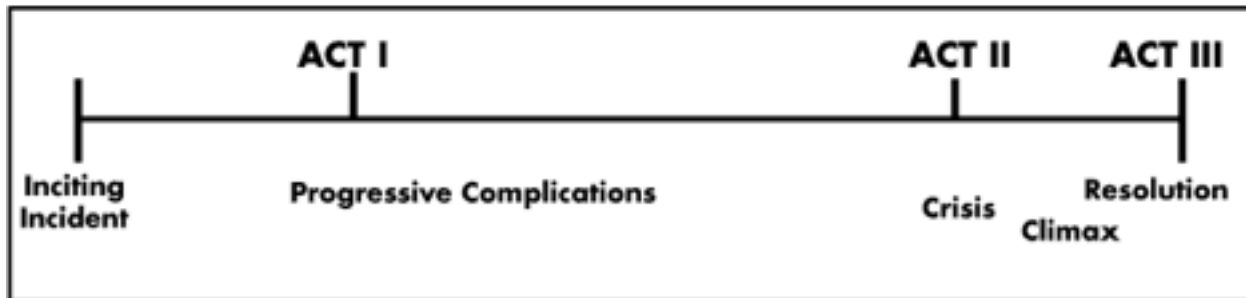
Now, create your own story from this template! (exercise)

“Three Act Structure” by the leading screenwriting teachers:

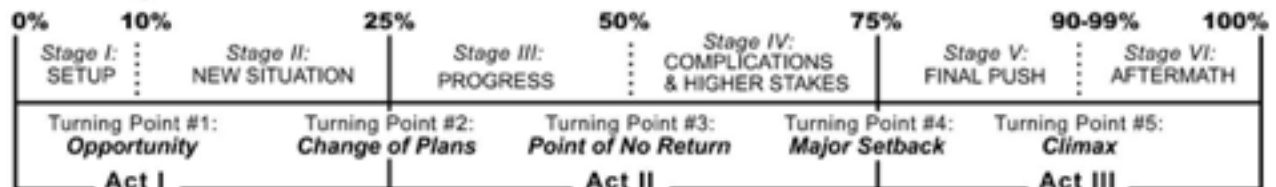
The Syd Field “Paradigm”



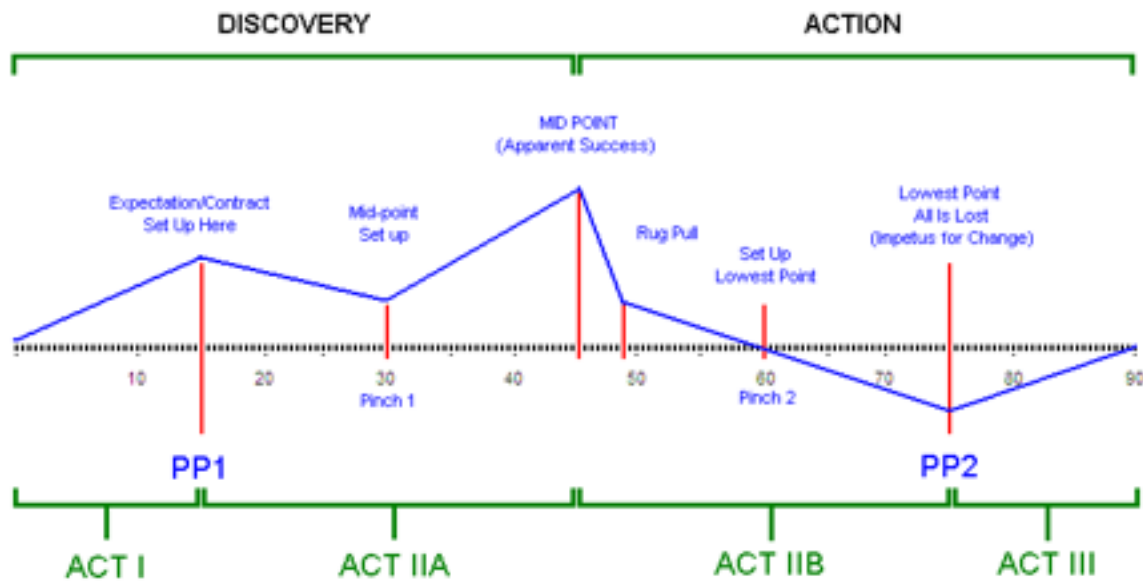
Robert McKee “Central Plot”



Michael Hauge's Six Stage Plot Structure



Mark Sevi's
Screenplay Structure (90 pages)



Three Act Structure is not enough! Let's create a better map.

What is TENSION?

“All tension is derived from TENSION REDUCTION.”

~Sigmund Freud

“Tension is:

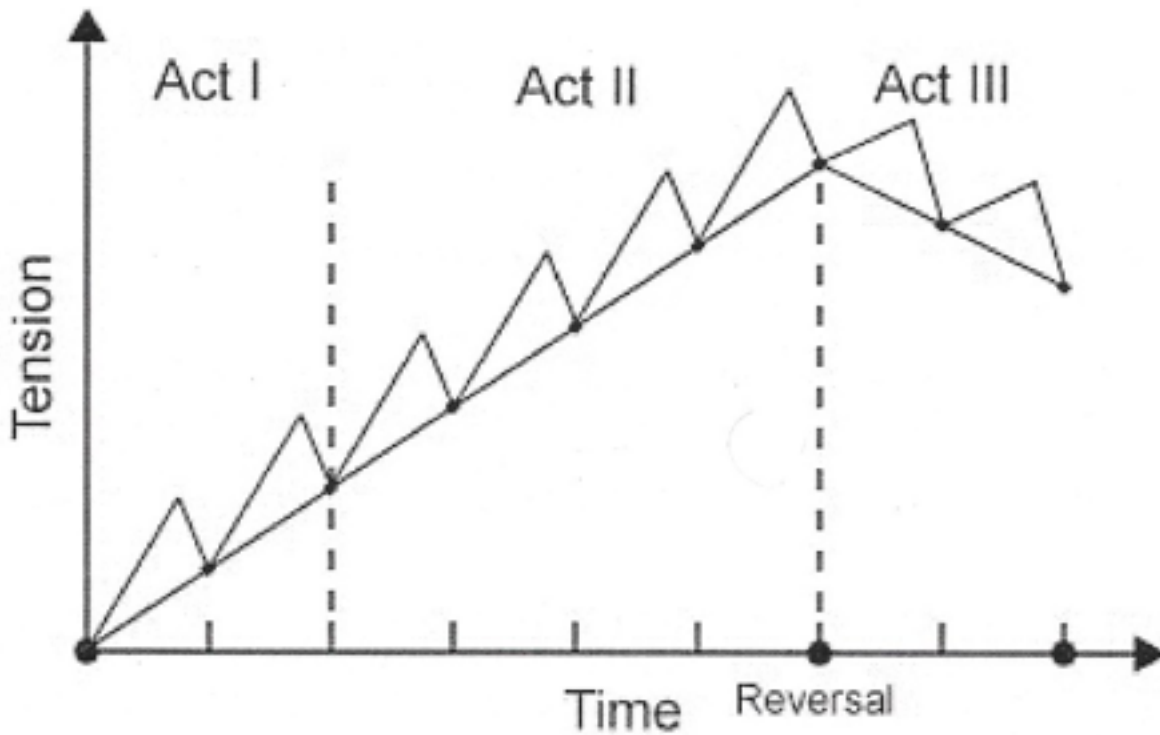
Hope vs. Fear”

~Chris Soth



To create pleasure in your audience, you must be willing to create a little tension! (Escalate it, release it, escalate it, release it...)

Chris Soth's Three Act Structure:

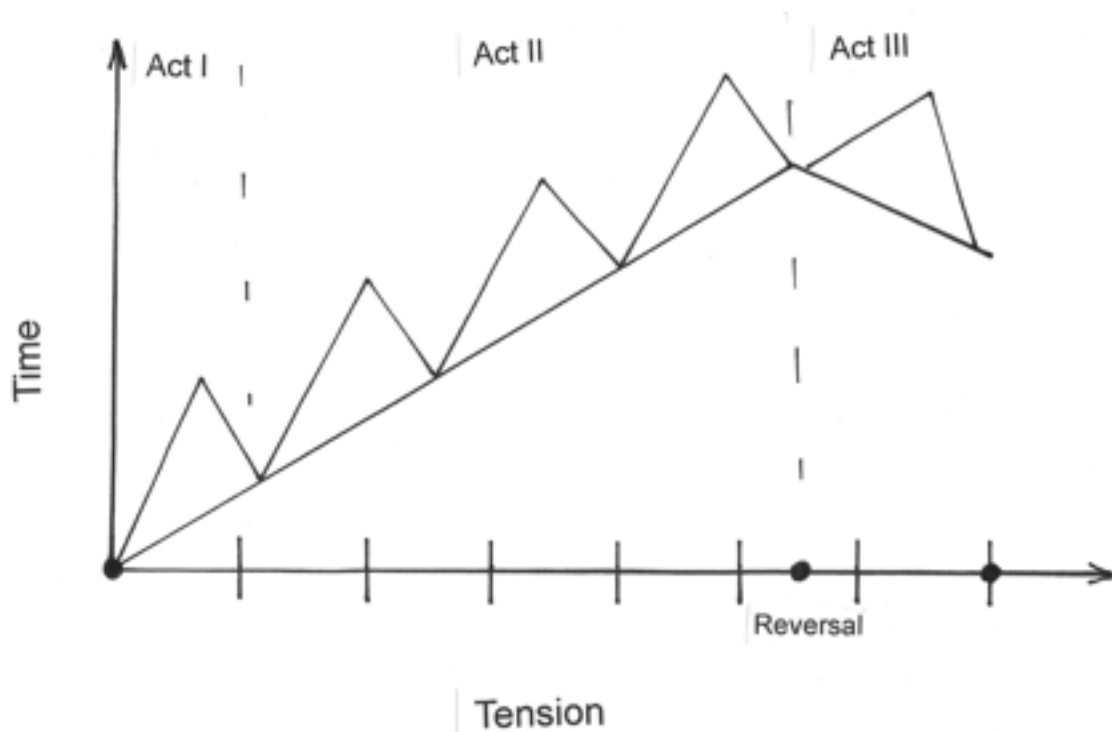


(For Chris Soth's 8 mini-tensions for a screenplay, buy his book!)

Main Tension +
Mini-Tensions +
Stakes =

Antidote to a boring movie (or speech)!

5 to 7 Minute Speech - Mini-Tensions



Marguerite's Mini-Tension Breakdown + Hero's Journey Speech

MT1: Normal world. Call to Adventure. Refusal or denial of call.

Yikes, no more choice! You are going!

MT2: Try ordinary fixes. Seek outside help. Nothing works.

MT3: Create a more extreme plan. Allies, materials. Goes horribly wrong. Must face your weaknesses.

MT4: New plan. One that requires real change. Looks like victory, then reversal of fortune.

MT5: Revelation! Rejoin the battle with new fervor. Succeed!

Step into your new world! BE the change you were seeking!

Write one sentence for the main tension and one sentence for each mini-tension of your speech describing the Hope vs Fear battle. This becomes the outline for your speech!

Let's look at some speeches...

Josephine Lee

Darren Tay Wen Jie

The Ending -

Deliver your promise.

Meet expectations,
then *EXCEED* them!

(If they know what is coming, it will bore them. Give them what they expect, in an unexpected way!)

Documentary with an outstanding ending:

“Project Light: From Rwanda to Newtown, A Journey of Hope, Healing and Possibility.”

View Trailer: <https://www.youtube.com/watch?v=rY09U270o0U>

“When the weight of your giving exceeds that of your pain, that's when everything changes.” ~Project Light

“People won't remember what you said or did,
but they will remember how you made them feel.”

~Maya Angelou

What's your Hero's Journey?

The world needs to hear your story!

(Quoted from: <http://en.wikipedia.org/wiki/Monomyth>)

THE 17 STAGES OF JOSEPH CAMBELL'S MONOMYTH

Call to Adventure

The hero starts off in a mundane situation of normality from which some information is received that acts as a call to head off into the unknown.



Refusal of Call

Often when the call is given, the future hero refuses to heed it. This may be from a sense of duty or obligation, fear, insecurity, a sense of inadequacy, etc.



Supernatural Aid

Once the hero has committed to the quest, consciously or unconsciously, his or her guide and magical helper appears, or becomes known.



Crossing First Threshold

This is the point where the person actually crosses into the field of adventure, leaving the known limits of his or her world and venturing into an unknown and dangerous realm where the rules and limits are not known.



Belly of the Whale

The belly of the whale represents the final separation from the hero's known world and self. By entering this stage, the person shows their willingness to undergo a metamorphosis.



Road of Trials

The road of trials is a series of tests, tasks, or ordeals that the person must undergo to begin the transformation. Often the person fails one or more of these tests, which often occur in threes.



Meeting with the Goddess

This is the point when the person experiences a love that has the power and significance of the all-powerful, all encompassing, unconditional love that a fortunate infant may experience with his or her mother.



Temptation

This step is about those material temptations that may lead the hero to abandon or stray from his or her quest.



SEPARATION

RETURN

Freedom to Live

Mastery leads to freedom from the fear of death, which in turn is the freedom to live. This is sometimes referred to as living in the moment, neither anticipating the future nor regretting the past.



Master of Two Worlds

Achieving a balance between the material and spiritual (the inner and outer worlds).



Crossing the Return Threshold

Retaining the wisdom gained on the quest, integrating that wisdom into a human life, and possibly sharing the wisdom with the rest of the world.



Rescue from Without

Oftentimes the hero needs a powerful guide to bring them back to everyday life, especially if the person has been wounded or weakened by the experience.



Magic Flight

Sometimes the hero must escape with the boon. This can be just as adventurous and dangerous returning from the journey as it was to go on it.



Refusal of Return

Having found bliss and enlightenment in the other world, the hero may not want to return to the ordinary world to bestow the boon onto his fellow man.



The Ultimate Boon

The ultimate boon is the achievement of the goal of the quest. It is what the person went on the journey to get. All the previous steps serve to prepare and purify the person for this step.



Apostasis

When someone dies a physical death, or dies to the self to live in spirit, he or she moves beyond the pairs of opposites to a state of divine knowledge, love, compassion and bliss.



Atonement with the Father

In this step the person must confront and be initiated by whatever holds the ultimate power in his or her life. In many myths and stories this is the father, or a father figure who has life and death power. This is the center point of the journey.

