
Foreword

We love to quote the movies.

“Go ahead, make my day”, “Here’s looking at you, kid”, and “Frankly my dear, I don’t give a damn” are memorable quotes from popular films. Interestingly, these pop culture quotes have no meaning beyond the context of the picture. Most well-known movie quotations have nothing meaningful to say at all.

This does not mean screenwriters have nothing to say about the human condition. Since the dawn of talking pictures, writers have embedded inspirational wisdom into their films. Sage advice awaits those seeking the motivation to develop their own character, story, and supporting cast.

Reel Life Wisdom features hundreds of inspirational and thought-provoking quotations from the movies. The quotes are organized into three key sections – SELF (defining your character), LIFE (building your story), and LOVE (connecting to your supporting cast). Other inspiring quotes are featured in the ‘Random Bits of Wisdom’ section.

The author gathered the majority of these quotations while using movies to tolerate regular exercise on a treadmill. Although not commonly featured on t-shirts and coffee cups, these lesser-known film quotes provide insightful thoughts and inspiring perspectives that support anyone actively authoring their own existence.

As you read through the book, identify the quotes that have the most meaning to you. They will be interesting to look back on someday, reminding you of the things that mattered at this time in your own unfolding story.