

Assignment #2: Scoring Your Life: Your Life as a Film Soundtrack

Assignment before or after attending the Terence Blanchard: *Film Score Live!*

Spend a few moments writing down the key moments, events, places, and people that have shaped your life. Don't edit or try to get overly organized, just jot down as much as you can.

Now, let's look at your life through the lens of a filmmaker.

Go back over the list of events and moments you just made. Pick one (maaaaaybe two) that you would consider your life's "turning point": the moment that you made a decision or took an action that made you the person you are right now. Or maybe it's the moment you did something that set you up to become the person you hope to someday grow into being. Whatever that moment is, consider it the *climax* moment of your film.

Now we'll work backward. Look back over the rest of your life's events. What event set in motion the chain of events that led up to the climax you just identified above. Push yourself to dig a little deeper than just saying "I was born." Instead, look for the moment that something in your world changed in such a surprising or unexpected way that you eventually had to take the action you identified as your climax. Whatever that initial event was, we'll consider the *inciting incident* of your film.

Now, let's fill in one (or two) plot points in your film. There were probably some major complications that happened between your inciting incident and your climax. Were there any moments when it looked like you weren't going to make it through the changes happening in your life? Were there any complications or times that threatened your ability to take the actions that you felt were necessary? Whatever those events were, they'll be the *rising action and complications* for your film.

So, now, put your film in order: 1) Inciting incident, 2) rising action and complications, and 3) climax. How did those moments in your life make you *feel*? What was your psychological landscape like then? What was your mood? What was your outlook on life?

Using your answers to the above questions, create a "score" for your life's film. Assign a piece of music, song, or sound media to each moment in the film of your life (inciting incident, rising action, etc.). Describe the event being depicted, name the piece of music or sound, why it fits the mood or tone of that moment in your life, and what it reveals about you.

After you've created the "score" for your film, ask yourself: what does this score say about me? Who have I been? Who am I becoming? What story is being told here?