Exemplars in *Positive Psychology* at the *Movies*

An exemplar film is a 5-psi (\PP\PP\PP) movie that meets most, if not all, of two sets of criteria:

- 1) The positive psychology movie criteria set forth by Niemiec (2007): Balanced portrayal of a character strength, struggles/obstacles that challenge the strength, strength is used to overcome adversity, and an inspiring or uplifting tone.
- 2) The factors constituting signature strengths as noted by Peterson and Seligman (2004): Strength is displayed the majority of the time in relevant settings, strength is "owned" by the character, and the strength is recognized by others as highly characteristic of that character.

Wisdom

Life Is Beautiful (Creativity)
Mongolian Ping-Pong (Curiosity)
The Terminal (Open-Mindedness)
Akeelah and the Bee (Love of Learning)
Life as a House (Perspective)

Courage

Hotel Rwanda (Bravery)
Dead Poets Society (Integrity)
The Pursuit of Happyness (Persistence)
Cool Hand Luke (Vitality)

Humanity

Away from Her (Love)
Amelie (Kindness)
Don't Come Knocking (Social Intelligence)

Justice

Paper Clips (Citizenship/Teamwork) 12 Angry Men (Fairness) Gandhi (Leadership)

Temperance

The Straight Story (Forgiveness/Modesty)
10 Questions for the Dalai Lama
(Humility/Modesty)
Driving Miss Daisy (Prudence)
Mishima: A Life in Four Chapters
(Self-Regulation)

Transcendence

American Beauty (Appreciation of Beauty)
It's a Wonderful Life (Gratitude)
The Prize Winner of Defiance, Ohio
(Hope/Optimism)
Zorba the Greek (Humor)
The Wizard of Oz (Spirituality/Meaning)

Appendix B

Questions for Classroom, Therapy, and Movie Group Discussions

What positive psychology themes did you see in the film? Consider strengths, virtues, and theory.

What strengths did the characters exhibit? Which characters portrayed these strengths? What personality or emotional traits make up the character strength? Was the portrayal realistic?

What combination of strengths stood out for you? How did the strengths build on one another?

What obstacles or setbacks did the characters face? How did they use their strengths to overcome the adversity? What specific steps did they take? Would they have overcome the obstacle if they did not have that character strength?

Did one or more characters portray a contrasting perspective? Does the role of the antithesis character make the role of the virtuous character more salient?

Does the character's signature strength improve his or her other strengths? Does it impact or elicit strengths in other characters?

How does the character's strength influence his or her mood, attitude, and behavior?

Is the character conscious of his or her strength? Is mindfulness of one's strengths a prerequisite to using them?

How does this character's strength affect the larger culture or society?

How do the characters in the film live a life of connection and/or meaning?

What characters are most like you and most unlike you?

Did you experience cinematic elevation when watching the film? At what points did you feel this emotion? Why do you suppose you felt it at that moment?

How might this film (character) inspire you to make a change or do something different in your life? What is the first step you will take?

If you found yourself in a similar situation, how would you react? How would you use your strengths to handle the situation?

From a cinematic standpoint, what was the director trying to say? How did he/she say it?

What does this movie teach you about the human condition? Is there a way such a film can contribute to a better society?

Appendix C

Positive Psychology Movie Clips

Note: When using film clips for presentations, please follow the fair use exemption of U.S. copyright law, which limits film clips to 3 minutes or 10% of the film (whichever is less; see www.harlingen.isd.tenet.edu/copyright.html)

Film: *American Beauty* (1999) Clip: 1:01:30 – 1:04:30

Description: Two characters watch a plastic bag floating in the wind

Themes: Best portrayal of the appreciation of beauty strength in cinema history;

watching this film is likely to result in what Haidt (2006) calls the emotion

of elevation.

Film: *A Beautiful Mind* (2001) Clip: 1:43:06 – 1:45:40

Description: Wife decides on living arrangements for her husband, a man coping with

schizophrenia

Themes: Connectedness; shift from the head to the heart; faith in one's partner

Film: *Life as a House* (2001) Clip: 1:57:36 – 2:00:36

Description: Mother arrives to tell her son his father whom he has recently bonded with

has passed away; father gives voice-over

Themes: Meaning and purpose in life; community support; letting go; redemption

Film: Field of Dreams (1989)

Clip: 4:25 – 7:25

Description: Iowa farmer hears a voice in his cornfields repeating the phrase, "If you

build it, he will come." The end of the clip includes a snippet from another

positive psychology movie, *Harvey*, starring James Stewart.

Themes: Trust and faith; listening to God, intuition, inner voice; rejecting and deny-

ing one's "still, small voice."

Film: The Legend of Bagger Vance (2000)

Clip: 1:15:10 – 1:18:10

Description: Golfer gets coached out of a "slump" by his caddy
Themes: Flow; integrity; "finding your authentic swing;" patience

Film: *Mind the Gap* (2004) Clip: 1:33:01 – 1:35:13

Description: A man whose suicide attempt was interrupted consults with a priest

Themes: Importance of forgiveness; benefit for self and others

Film: Wings of Desire (1987, Germany)

Clip: 1:32:05 – 1:35:05

Description: Angel decides to become a man and makes the transition to the world Themes: Beginner's mind; use of all the senses; mindfulness; appreciation and joy

Appendix D

Syllabus of a Positive Psychology Course that Uses Movies

(Adapted with permission from Tayyab Rashid, PhD)

Positive Psychology: An Experiential Course

Psychologists have traditionally treated mental illness from a perspective of repairing damaged habits, damaged drives, damaged childhoods, and damaged brains. Psychology is not only the study of human weakness and damage; it is also a study of strengths, optimism, happiness, hope, and resiliency. This introductory course will survey core human character strengths and virtues. The course is largely experiential and includes a lot of classroom activities. It presents practical ways of using one's character strengths to promote and maintain well-being and happiness. There are no traditional exams. Grades will be based on class participation, watching movies on character strengths, writing weekly reaction papers, and a personal signature strength enhancing project.

Primary Readings

Learned Optimism (Seligman, 1991) American Psychologist, 55 (2000) Handbook of Positive Psychology (Snyder & Lopez, 2002)

Course Outline (Class/Date, Topic/Readings, Films and Activities)

Each Class begins and ends with a brief five-minute meditation.

Class One: Positive Psychology: An Introduction

AP (pp. 5–14); Activity: VIA-Pre-test.

Class Two: Happiness

AP (pp. 15–23, 56–67); Film: Fried Green Tomatoes (1991); Activity: VIA Feedback.

Class Three: Flow

HPP (pp. 89–105); Films: *Billy Elliot* (2000), *Legend of Bagger Vance* (2000);

Activity: Write on flow experiences, factors impeding flow, and how to eliminate them.

Class Four: Subjective Well-being

AP (pp. 34–43); Films: Forest Gump (1994), Dr. Zhivago (1965), Out of Africa (1985), Fanny and Alexander (1983); Activities: Completing Satisfaction with Life Scale, discuss hedonic treadmill and Kahneman's notion of remembering vs. experiencing happiness.

Class Five: Hope

HPP (pp. 257–276); Films: *Gone With the Wind* (1939), *Life Is Beautiful* (1998), *Good Will Hunting* (1997); Activities: Snyder's Hope Scale, one door closes, one door opens activity.

Class Six: Optimism

AP (pp. 44–55), HPP (pp. 231–243); Films: *Ordinary People* (1980), *Pelle the Conqueror* (1987), *Little Lord Fauntleroy* (1980), *My Fair Lady* (1964); Activities: Attributional Style Questionnaire, discussion.

Class Seven: Positive Illusions and Playfulness

AP (pp. 99–109); Films: *Life Is Beautiful* (1998), *Patch Adams* (1998); Activities: Charting positive illusion about distressing events and discussion, devise a list of playful activities you always wanted to do, but have not done.

Class Eight: Creativity, Giftedness, & Industry

AP (pp. 137–158); Films: *Shine* (1996), *Amadeus* (1984), *Awakenings* (1990); Activity: Critical Thinking Exercise; book review on *Learned Optimism* due.

Class Nine: Judgment, Wisdom, & Fairness

AP (pp. 122–136); Films: Little Buddha (1993), The Devil's Advocate (1997), The Emperor's Club (2002), Philadelphia (1993); Activity: Brainstorming ways to keep perspective constant through daily joys and hassles.

Class Ten: Emotional Intelligence & Prudence

HPP (pp. 159–171); Films: *Driving Miss Daisy* (1989), *K-PAX* (2001), *The Five Senses* (1999), *Scent of a Woman* (1992); Activities: Watching muted clips from movies depicting E.I., withholding a decisive argument that would hurt someone.

Class Eleven: Spirituality

HPP (pp. 646–659); Films: Contact (1997), Apostle (1997), Priest (1994, British), Dead Man Walking (1995); Activity: Watch Wayne Dyer video There's a Spiritual Solution to Every Problem.

Class Twelve: Love & Kindness

HPP (pp. 472–484); Films: *The English Patient* (1996), *Sophie's Choice* (1982), *Bridges of the Madison County* (1995), *Iris* (2001), *My Fair Lady* (1964); Activity: Explore character strengths of your significant other (have him/her take VIA), write about five small but meaningful gestures of your loved one.

Class Thirteen: Gratitude & Zest

HPP (pp. 459–471); Films: *Sunshine* (2000), *My Left Foot* (1989); Activity: Write a letter of gratitude to someone whom you have never properly thanked.

Class Fourteen: Modesty & Forgiveness

HPP (pp. 446–458); Films: *Pay It Forward* (2000), *Terms of Endearment* (1983), *Gandhi* (1982); Activity: Write about three bad memories, the anger associated with them, and their role in maintaining resentment: write about the possibility of forgiveness.

Class Fifteen: Altruism & Empathy & Social Intelligence

HPP (pp. 485–498); Films: *Children of a Lesser God* (1986), *As Good as It Gets* (1997); Activity: Gift of time (using your character strengths to serve the community).

Class Sixteen: Positive Psychology at Work - Leadership & Teamwork

HPP (pp. 715–730); Films: Lawrence of Arabia (1962), Dances with Wolves (1990), L. A. Confidential (1997), Erin Brockovich (2000), A Few Good Men (1992); Activity: Explore character strengths of a colleague.

Class Seventeen: Curiosity, Self-Regulation, & Positive Youth Development

AP (pp. 170–183); Films: Finding Forrester (2000), Good Will Hunting (1997), Dead Poets Society (1989), October Sky (1999); Activity: Design a community based positive youth development project

Class Eighteen: Cross-Cultural Positive Psychology

HPP (pp. 700–714); Films: *Kolya* (1996), *Color of Paradise* (2000), *Salam Bombay* (1988), *Cinema Paradiso* (1988); Activities: Strength presentations.

Grading

- 30 points for class participation; two points per class
- 30 points for 15 reaction/review papers
- 20 points for the book review of Learned Optimism
- 20 points for brief presentation on polishing one of your character strengths
- A 90–100 A- 85–89 B+ 80–84 B 75–79 B- 70–74 C 65–69 F Below 65

Appendix E

Website Resources: Movies, Positive Psychology, and Strength-Building

Positive Psychology & Strengths

www.viacharacter.org

Values in Action Institute on Character

www.authentichappiness.com www.reflectivehappiness.com

Martin Seligman; Positive Psychology research & questionnaires

www.ppc.sas.upenn.edu

Positive Psychology Center

www.worlddatabaseofhappiness.eur.nl

World Database of Happiness

www.ippanetwork.org

International Positive Psychology Assn.

www.strengthsfinder.com

The Gallup Organization; Strength Finder

www.mindandlife.org

The Mind & Life Institute

http://people.virginia.edu/~jdh6n/home. html

Jonathan Haidt: morality, elevation researcher

www.gratefulness.org

Brother David Steindl-Rast

http://psychology.ucdavis.edu/labs/emmons

Robert Emmons: gratitude researcher

www.emotionaliq.org

Emotional intelligence

www.PaulEkman.com

Paul Ekman: emotions researcher

www.meaning.ca

International Network on Personal Meaning

Movies

www.positivepsychologymovies.com www.mindfulspirituality.com

Ryan M. Niemiec

Positive Psychology at the Movies blog

www.moviesandmentalillness.blogspot.com

Movies and Mental Illness blog

www.imdb.com

Internet Movie Database

www.mrqe.com

Movie Review Query Engine

www.afi.com

American Film Institute

www.spiritualityandpractice.com

Frederic and Mary Ann Brussat; Spirituality films and database

www.reelviews.net

Film reviews by James Berardinelli

http://rogerebert.suntimes.com

Film reviews by Roger Ebert

www.filmsite.org

The greatest films; various lists

www.spiritualcinemacircle.com

www.ironweedfilms.com

www.filmmovement.com

DVD Clubs - Independent Films

Appendix F

100 Years...100 Cheers: America's Most **Inspiring Movies (2006)**

- It's a Wonderful Life (1946) 2. To Kill a Mockingbird (1962)
- 3. Schindler's List (1993)
- 4. Rocky (1976)
- 5. Mr. Smith Goes to Washington (1939)
- 6. E.T. The Extra-Terrestrial (1982)
- 7. The Grapes of Wrath (1940)
- 8. Breaking Away (1979)
- 9. Miracle on 34th Street (1947)
- 10. Saving Private Ryan (1998)
- 11. The Best Years of Our Lives (1946)
- 12. Apollo 13 (1995)
- 13. Hoosiers (1986)
- 14. The Bridge on the River Kwai (1957)
- 15. *The Miracle Worker* (1962)
- 16. Norma Rae (1979)
- 17. One Flew Over the Cuckoo's Nest (1975)
- 18. The Diary of Anne Frank (1959)
- 19. The Right Stuff (1983)
- 20. Philadelphia (1993)
- 21. *In the Heat of the Night* (1967)
- 22. The Pride of the Yankees (1942)
- 23. The Shawshank Redemption (1994)
- 24. National Velvet (1944)
- 25. Sullivan's Travels (1941)
- 26. The Wizard of Oz (1939)
- 27. High Noon (1952)
- 28. Field of Dreams (1989)
- 29. Gandhi (1892)
- 30. Lawrence of Arabia (1962)
- 31. Glory (1989)
- 32. Casablanca (1942)
- 33. City Lights (1931)
- 34 All the President's Men (1976)
- 35. Guess Who's Coming to Dinner (1967)
- 36. On the Waterfront (1954) 37. Forrest Gump (1994)
- 38. Pinocchio (1940)
- 39. Star Wars (1977) 40. Mrs. Miniver (1942)
- 41. The Sound of Music (1965)
- 42. 12 Angry Men (1957)
- 43. Gone with the Wind (1939)
- 44. Spartacus (1960)
- 45. On Golden Pond (1981)
- 46. Lilies of the Field (1963)
- 47. 2001: A Space Odyssey (1968)
- 48. The African Queen (1951) 49.
- Meet John Doe (1941)
- Seabiscuit (2003)

- 51. The Color Purple (1985)
- 52. Dead Poets Society (1989)
- 53. Shane (1953)
- 54. Rudy (1993)
- 55. The Defiant Ones (1958)
- 56. Ben-Hur (1959)
- 57. Sergeant York (1941)
- 58. Close Encounters of the Third Kind (1977)
- 59. Dances with Wolves (1990)
- The Killing Fields (1984) 60.
- 61. Sounder (1972)
- 62. Braveheart (1995)
- 63. Rain Man (1988)
- 64. The Black Stallion (1979)
- 65. A Raisin in the Sun (1961) 66. Silkwood (1983)
- 67. The Day the Earth Stood Still (1951)
- 68. An Officer and a Gentleman (1982)
- 69. The Spirit of St. Louis (1957)
- 70. Coal Miner's Daughter (1980)
- 71. Cool Hand Luke (1967)
- 72. Dark Victory (1939)
- 73. Erin Brockovich (2000)
- 74. Gunga Din (1939)
- 75. The Verdict (1982)
- 76. Birdman of Alcatraz (1962)
- 77.
- Driving Miss Daisy (1989) 78.
- Thelma & Louise (1991)
- 79. The Ten Commandments (1956)
- 80. Babe (1995)
- 81. Boys Town (1938)
- 82. Fiddler On The Roof (1971)
- 83. Mr. Deeds goes to Town (1936)
- 84. Serpico (1973)
- 85. What's Love Got to Do With It (1993)
- 86. Stand and Deliver (1988)
- 87. Working Girl (1988)
- 88. Yankee Doodle Dandy (1942)
- 89. Harold and Maude (1972)
- 90. Hotel Rwanda (2004)
- 91 The Paper Chase (1973)
- 92. Fame (1980)
- 93. A Beautiful Mind (2001)
- 94. Captains Courageous (1937)
- 95. Places in the Heart (1984)
- 96. Searching for Bobby Fischer (1993)
- 97. Madame Curie (1943)
- 98. *The Karate Kid* (1984)
- 99. Ray (2004)
- 100. Chariots of Fire (1981)

Note. Reprinted with the permission of the American Film Institute.

Appendix G

Positive Psychology Movies

Films That Can Inspire and Build Virtues and Character Strengths

This appendix consists only of Positive Psychology Movies. These ratings take the quality of the film into consideration; however, we emphasize each film's pedagogical value and its ability to inspire viewers.

The positive psychology film meets one or more of the following criteria (Niemiec, 2007):

- 1) Balanced portrayal of a character strength
- 2) Realistic depiction of obstacles or setbacks for the character
- 3) Character uses his/her strength(s) to overcome or face the barriers and adversity
- 4) Uplifting or inspiring tone (including music, cinematography, or film mood)

ΨΨΨΨΨ

Excellent (Must-see film). Outstanding portrayal of a character strength; represents several strengths and virtues; and/or excellent film for teaching and/or clinical purposes; satisfies three or four of the above criteria.

ΨΨΨΨ

Very Good (Definitely worth your time). Good portrayal of strength in leading or supporting character roles; satisfies two or three of the above criteria.

ΨΨΨ

Good (Potentially worth your time). Decent portrayal of a strength; strength loosely represented, not fully balanced, or is of minor emphasis; a minor character portrays a strength; satisfies one or two of the above criteria.

We do not list or rate films that only qualify for one or two psi symbols; they are not good examples of positive psychology movies or a good investment of your time.

WISDOM: Creativity (originality, ingenuity)

8 mile (2002) ΨΨΨ
Absent-Minded Professor, The (1961)
ΨΨΨ
AKA (2002, U.K.) ΨΨΨ
Amadeus (1984) ΨΨΨΨ
Aviator (2004) ΨΨΨΨΨ
Back to the Future (1985) ΨΨΨ
Beautiful Mind, A (2001) ΨΨΨΨΨ
Beyond the Sea (2004) ΨΨΨ
Billy Elliot (2000, U.K.) ΨΨΨΨΨ
Blue Car (2003) ΨΨΨ
Bridge to Terabithia (2007) ΨΨΨΨ
Chitty Chitty Bang Bang (1968) ΨΨΨ
Conversation(s) with Other Women (2005)

Dancer in the Dark (2000, Denmark) $\Psi\Psi\Psi$

ΨΨΨ

Danny Deckchair (2004, Australia) ЧҮЧ De-Lovely (2004) ЧЧЧ Dreamgirls (2006) ЧЧЧ Dreams (1990, Japan) ЧЧЧ Edison, the Man (1940) ЧҮЧ Emperor's Club, The (2002) ЧҮЧҮ Freedom Writers (2007) **ЧҮЧҮ**Ч Henry Fool (1997) ЧЧЧ Hobart Shakespeareans, The (2005) ЧҮЧ Illusionist, The(2006) ЧҮЧЧ I'm Not There (2007) ЧЧЧ In Cold Blood (1967) ΨΨΨ I.O. (1994) ΨΨΨ La Vie en Rose (2007, France) ЧЧЧ Life Is Beautiful (1997, Italy) **ЧҮЧҮ** Manic (2001) ЧЧЧ Mona Lisa Smile (2004) ЧҮЧ Mr. Holland's Opus (1995) ЧҮЧЧ Mrs. Henderson Presents (2005) ЧҮЧ My Left Foot (1989, Ireland/U.K.) ЧҮЧЧ

ΨΨΨΨΨ

Pollock (2000) ΨΨΨ Ponette (1999, France) ΨΨΨΨ

Once (2006, Ireland) ΨΨΨΨ

Overture, The (2004, Thailand) ΨΨΨΨ Pan's Labyrinth (2006, Mexico)

Proof (2005) ΨΨΨ Prozac Nation (2005) ΨΨΨ Ray (2004) ΨΨΨΨ Return to Oz (1985) ЧЧЧ Right Now (2004, France) ЧЧЧ Rivers and Tides (2001, Germany/Finland) ΨΨΨΨ Russian Ark (2003, Russia) ЧЧЧ Shakespeare Behind Bars (2006) ЧҮҮЧ Shine (1996, Australia) ΨΨΨ Sketches of Frank Gehry (2006) ЧЧЧ Surviving Picasso (1996) ЧЧЧ Sylvia (2003, U.K.) ΨΨΨ Terminal, The (2004) **ЧҮЧҮ**Ч *To Be and to Have* (2002, France) ΨΨΨΨΨ

Vincent (1987, Australia) ΨΨΨ Vincent and Theo (1990, Netherlands) ΨΨΨ

Walk the Line (2005) **ΨΨΨΨΨ** Yellow Brick Road (2005) ΨΨΨ Yes Men, The(2003) ΨΨΨ

WISDOM: Curiosity (interest, novelty-seeking, openness to experience)

10 Items or Less (2007) ФФФФ Adventures of Robinson Crusoe, The (1954) ФФФ Apt Pupil (1998) ФФФ Belle de Jour (1967, France/Italy) ФФФ Close Encounters of the Third Kind (1977) ФФФФ

Everything Is Illuminated (2005) ФФФФ Faraway, So Close (1993, Germany) ФФФФ

God Grew Tired of Us (2006) ΨΨΨΨ I Am Curious (Yellow) (1967, Sweden) ΨΨΨ

Last Images of the Shipwreck (1989, Argentina) ΨΨΨΨΨ Machinist, The (2004, Spain) ΨΨΨ Madame Curie (1943) ΨΨΨΨ

Man Without a Past, The (2002, Finland) ФФФ

Melvin Goes to Dinner (2003) ЧЧЧ Memento (2000) ЧЧЧ Mongolian Ping-Pong (2005, China) **ЧЧЧЧЧ**

My Dinner with Andre (1981) ЧҮЧЧ Rear Window (1954) **ЧҮЧЧЧ** Secret Garden, The (1993) ЧҮЧЧ Secrets of the Heart (1997, Spain) **ЧҮЧЧ**

Sideways (2004) ΨΨΨ Star Maker, The (1995, Italy) ΨΨΨΨ Swimming Pool (2002, France/U.K.) ΨΨΨ Wings of Desire (1987, West Germany) ΨΨΨΨΨ

Wondrous Oblivion (2003, U.K.) ΨΨΨ

WISDOM: Open-mindedness (judgment, critical thinking)

25th Hour (2002) ΨΨΨ
Before Sunrise (1995) ΨΨΨΨ
Before Sunset (2004) ΨΨΨΨ
Darwin Awards, The(2006) ΨΨΨ
Eyes Wide Shut (1999) ΨΨΨΨ
Fargo (1996) ΨΨΨΨ
Hairspray (2007) ΨΨΨ
Harold and Maude (1971) ΨΨΨΨ
Into Me See (2005) ΨΨΨΨ
Japanese Story (2003, Australia) ΨΨΨΨ
Matrix, The (1999; 2003; 2003) ΨΨΨΨ
Michael Clayton (2007) ΨΨΨΨ
Monsieur Ibrahim (2003, France)

Mostly Martha (2001, Italy) ΨΨΨ Pi (1998) ΨΨΨΨ Pure Formality, A (1994, France) ΨΨΨΨ Rashômon (1950, Japan) ΨΨΨΨ Terminal, The (2004) ΨΨΨΨΨ Vanilla Sky (2001) ΨΨΨ Water (2006, India) ΨΨΨΨΨ

WISDOM: Love of Learning

Akeelah and the Bee (2006) **ЧҮЧҮ** Beautiful Mind, A (2001) **ЧҮЧҮ** Bee Season (2005) ΨΨΨ
Billy Elliot (2000) ΨΨΨΨ
Chorus, The (2004) ΨΨΨΨ
Dead Poets Society (1989) ΨΨΨΨ
Freedom Writers (2007) ΨΨΨ
Harvie Krumpet (2003, Australia) ΨΨΨΨ
Mad Hot Ballroom (2005) ΨΨΨΨ
Memoirs of a Geisha (2005) ΨΨΨΨ
Mona Lisa Smile (2003) ΨΨΨ
Spellbound (1945) ΨΨΨΨ
Thumbsucker (2005) ΨΨΨ
Unknown White Male (2005) ΨΨΨΨ
Wild Parrots of Telegraph Hill, The
(2003) ΨΨΨ
Yentl (1983) ΨΨΨ

WISDOM: Perspective (wisdom)

Antonia's Line (1995, Netherlands) ΨΨΨΨΨ

Antwone Fisher (2002) ЧҮЧ Chorus, The (2004, France) ΨΨΨΨΨ Coach Carter (2005) ЧЧЧ Feast of Love (2007) ЧҮЧЧ Fountain, The (2006) **ЧҮЧҮ**Ч Karate Kid, The (1984) ЧЧЧ Life as a House (2001) **ЧҮЧҮ**Ч Lord of the Rings, The (2001; 2002; 2003) ΨΨΨΨ On Golden Pond (2001) **ЧЧЧЧЧЧ** Peaceful Warrior (2006) **ЧЧЧЧЧЧ** Star Wars (1977: 1980: 1983: 1999: 2002: Taste of Cherry (1997, Iran) ΨΨΨΨ To Be and to Have (2002, France) ΨΨΨΨΨ

COURAGE: Bravery (valor)

12 Angry Men (1957) **ΨΨΨΨΨ**16 Blocks (2006) ΨΨΨ
Aliens (1986) ΨΨΨ
American History X (1998) ΨΨΨΨ

Valentin (2002, Argentina) ΨΨΨΨ

Analyze That (2001) ΨΨΨ
Analyze This (1999) ΨΨΨ
Antwone Fisher (2002) ΨΨΨΨΨ
Apollo 13 (1995) ΨΨΨΨΨ
Australian Rules (2002, Australia) ΨΨΨ
Babel (2006) ΨΨΨΨ
Batman Begins (2005) ΨΨΨΨΨ
Blood Diamond (2006) ΨΨΨΨ
Broken English (2007) ΨΨΨ
Braveheart (1995) ΨΨΨΨΨ
Celebration, The (1998, Denmark) ΨΨΨ
City of God (2002, Brazil) ΨΨΨ
Constant Gardener, The (2005,
Germany/U.K.) ΨΨΨΨ
Cool Hand Luke (1967) ΨΨΨΨΨ

ΨΨΨΨΨ

Don't Tell (2005, Italy) ΨΨΨ Duma (2005) ΨΨΨ Elling (2001, Norway) **ΨΨΨΨ** Emmanuel's Gift (2005) ΨΨΨΨ Europa, Europa (1991, Germany) ΨΨΨ Fugitive, The (1993) ΨΨΨ Good Night, and Good Luck (2005) ΨΨΨΨ

Defending Your Life (1991) ФФФ

Diary of Anne Frank, The (1959)

Good Will Hunting (1997) ΨΨΨΨ
Ground Truth, The (2006) ΨΨΨ
Happy Feet (2006) ΨΨΨ
Hollywoodland (2006) ΨΨΨ
Hotel Rwanda (2004) ΨΨΨΨΨ
Into the Arms of Strangers: Stories of the
Kindertransport (2000, U.K.) ΨΨΨ
Jailhouse Rock (1957) ΨΨΨ
Kinsey (2004) ΨΨΨ
Kite Runner, The (2007) ΨΨΨΨ
Let There Be Light (1946) ΨΨΨ
Man Escaped, A (1956, France) ΨΨΨΨΨ

Manchurian Candidate, The (1962; 2004)

ФФФФ
Murderball (2004) ФФФФФ
North Country (2005) ФФФФФ
Open Water (2003) ФФФФ
Paths of Glory (1957) ФФФФФ
Personal Velocity (2002) ФФФФ
Popeye (1980) ФФФФ
Punch-Drunk Love (2002) ФФФФ
Rebel Without a Cause (1955) ФФФФ
Saving Private Ryan (1998) ФФФФФ

Schindler's List (1993) **ΨΨΨΨ** Seoul Train (2004) ΨΨΨΨ Silence of the Lambs (1991) ΨΨΨ Sound of Music, The (1965) **ΨΨΨΨΨ** South Central (1992) ΨΨΨ United 93 (2006) ΨΨΨΨ World Trade Center (2006) ΨΨΨΨ

COURAGE: Integrity (authenticity, honesty)

3:10 to Yuma (2007) ΨΨΨ 40-Year-Old Virgin, The (2005) ΨΨΨ Adventures of Priscilla, Queen of the Desert, The (1994, Australia) ΨΨΨ All the President's Men (1976) ΨΨΨΨΨ Captain Courageous (1937) ΨΨΨΨ Chariots of Fire (1981) ΨΨΨΨΨ Charlie and the Chocolate Factory (2005) ΨΨΨΨ

Civil Action, A (1998) ΨΨΨ
Contender, The (2000) ΨΨΨ
Corpse Bride (2005) ΨΨΨΨΨ
Courage Under Fire (1996) ΨΨΨ
Dark Victory (1939) ΨΨΨΨ
Dead Poets Society (1989) ΨΨΨΨ
Dirty, Filthy Love (2004, U.K.) ΨΨΨ
Dogville (2003) ΨΨΨ
Erin Brokovich (2000) ΨΨΨΨ
Few Good Men, A (1992) ΨΨΨΨ
Insomnia (2002) ΨΨΨΨ
Intimate Strangers (2004, France)
ΨΨΨΨΨ

Kissing Jessica Stein (2002) ЧЧЧ Legend of Bagger Vance, The (2000) **ФФФФФ**

Lives of Others, The (2006) ΨΨΨ Man of the Year (2006) ΨΨΨ Matchstick Men (2003) ΨΨΨ Meet John Doe (1941) ΨΨΨΨ Mr. Smith Goes to Washington (1939) ΨΨΨΨΨ

My Name Is Bill W. (1989) ФФФФ Normal (2003) ФФФ On the Waterfront (1954) **ФФФФФ** Papillion (1973) ФФФ Patch Adams (1998) ФФФФ Piano, The (1993, Australia) ФФФФ

Prime (2005) ΨΨΨ
Right Stuff, The (1983) ΨΨΨΨΨ
Schindler's List (1993) ΨΨΨΨ
Shark Tale (2004) ΨΨΨ
Side Effects (2005) ΨΨΨΨ
Silkwood (1983) ΨΨΨΨ
Strictly Ballroom (1992, Australia) ΨΨΨ
To Kill a Mockingbird (1962) ΨΨΨΨΨ
Verdict, The (1982) ΨΨΨΨΨ
Willy Wonka and the Chocolate Factory (1971) ΨΨΨΨ

COURAGE: Vitality (zest, enthusiasm, vigor, energy)

400 Blows, The (1959, France) **ЧЧЧЧЧЧ** Aladdin (1992) ΨΨΨ Buena Vista Social Club (1999, Germany/Cuba) ΨΨΨΨ Cabaret (1972) **ЧЧЧ** Cinema Paradiso (1988, Italy) **ЧЧЧЧЧ** Farther Than the Eye Can See (2003) ΨΨΨ Finding Neverland (2004) ЧҮЧЧ Girl, Interrupted (1999) ΨΨΨ Hook (1991) ΨΨΨ In America (2002) ЧҮЧ Long Life, Happiness and Prosperity (2002, Canada) ЧЧЧ Man Who Wasn't There, The (2001) ЧҮЧ Mary Poppins (1964) ΨΨΨΨ Meet Me in St. Louis (1944) ЧҮЧ My Fair Lady (1964) ЧҮЧ My Flesh and Blood (2004) ЧЧЧ My Left Foot (1989, Ireland/U.K.) ЧҮЧ Oliver! (1968, U.K.) ΨΨΨ One Flew Over the Cuckoo's Nest (1975) ΨΨΨΨΨ

Pelle the Conqueror (1987, Denmark) **үүүүү**

Peter Pan (1953; 2003) ΨΨΨ Places in the Heart (1984) ΨΨΨΨΨ Singin' in the Rain (1952) ΨΨΨΨΨ Sound of Music, The (1965) ΨΨΨΨ West Side Story (1961) ΨΨΨΨ What's Love Got to Do with It? (1993) ΨΨΨ White Oleander (2002) ΨΨΨΨ World's Fastest Indian, The (2005, New Zealand) **ΨΨΨΨΨ**

COURAGE: Persistence (perseverance, industriousness)

2001: A Space Odyssey (1968) ΨΨΨΨΨ Akeelah and the Bee (2006) ΨΨΨΨΨ Ali Zoua: Prince of the Streets (2000, Morocco) ΨΨΨ Bicycle Thief, The (1948, France) ΨΨΨΨΨ

Born into Brothels (2004, India) ΨΨΨΨ Character (1998, Netherlands) ΨΨΨ Chariots of Fire (1981) ΨΨΨΨ Children of Heaven (1997, Iran) ΨΨΨΨ Cinderella Man (2005) ΨΨΨΨ City of Lost Children, The (1995, France) ΨΨΨΨ

Color Purple, The (1985) ΨΨΨΨ Cool Hand Luke (1967) ΨΨΨΨΨ Da Vinci Code, The (2006) ΨΨΨΨ Diving Bell and the Butterfly, The (2007, France/U.S.) ΨΨΨΨ Door to Door (2002) ΨΨΨΨ Dreamgirls (2006) ΨΨΨ East-West (1999, France) ΨΨΨ Elling (2002, Norway) ΨΨΨΨΨ Endurance, The (2000, Germany/U.S.) ΨΨΨΨΨ

Equus (1977) ΨΨΨ
Fame (1980) ΨΨΨ
Farther Than the Eye Can See (2003)
ΨΨΨ
Fitzcarraldo (1982, Germany) ΨΨΨ
Flightplan (2005) ΨΨΨ
Forrest Gump (1994) ΨΨΨΨΨ
Gerry (2002) ΨΨΨ
Grapes of Wrath, The (1940) ΨΨΨΨΨ
Great Debaters, The (2007) ΨΨΨΨ
Harry Potter (2001; 2002; 2004; 2005; 2007) ΨΨΨΨ
Hours, The(2002) ΨΨΨΨ
Island on Bird Street, The (2000) ΨΨΨΨ
Italian, The (2005, Russia) ΨΨΨΨ

Jonathan Livingston Seagull (1973) ЧҮЧ

Karate Kid, The (1984) ЧҮЧЧ

Kill Bill: Vol. 1 and *Vol. 2* (2003; 2004) **ффффф**

K-PAX (2001) ΨΨΨ Lilja 4-Ever (2002, Sweden) ΨΨΨ Maria, Full of Grace (2004, Colum-

bia/U.S.) ΨΨΨΨ

Mighty Heart, A (2007) ЧЧЧ

Million Dollar Baby (2004) ΨΨΨΨ

Mountain Patrol (2004, China) ЧЧЧ Mr. Smith Goes to Washington (1939)

ΨΨΨΨΨ

Mrs. Miniver (1942) ΨΨΨΨ

Nobody Knows (2004, Japan) ФФФ

Not One Less (1999, China) ΨΨΨΨΨ

October Sky (1999) ΨΨΨ

Old Well (1986, China) ЧЧЧ

Peace One Day (2004, U.K.) ΨΨΨΨ

Peaceful Warrior (2006) **ФФФФФ** Pianist, The (2002,

France/Germany/U.K./Poland) **ΨΨΨΨΨ**

Pixote (1981, Brazil) ΨΨΨ

Pride of the Yankees, The (1942)

ΨΨΨΨΨ

Pursuit of Happyness, The (2006)

ΨΨΨΨΨ

Rabbit-Proof Fence (2002, Australia) ФФФФ

Rain (2001, New Zealand) ΨΨΨ

Ratcatcher (1999) ЧЧЧ

Return, The (2003, Russia) ЧЧЧ

Rocky (1976) ΨΨΨΨ

Rocky Balboa (2006) ЧҮЧ

Salaam Bombay! (1988, India/U.K.) ФФФФ

Secret of Dr. Kildare, The (1939) ЧҮЧ

Sergeant York (1941) **ЧҮҮҮ**

Sounder (1972) ΨΨΨΨ

Spirit of St. Louis, The (1957) ΨΨΨΨ

Star Wars (1977; 1980; 1983; 1999; 2002;

Story of Qiu Ju, The (1992, China/Hong Kong) ΨΨΨ

To Live (1994, China/Hong Kong)

ΨΨΨΨΨ

Touching the Void (2003) ΨΨΨΨΨ Warm Springs (2005) ΨΨΨ Whale Rider (2003, New Zealand) **ФФФФФ**

White Oleander (2002) ЧҮЧЧ

HUMANITY: Love

2046 (2004, China) ΨΨΨ

3-Iron (2004, South Korea) ΨΨΨΨ

Across the Universe (2007) ΨΨΨ

Affair to Remember, An (1957) ЧҮЧЧ

Always (1989) ΨΨΨ

Anna Karenina (1948, U.K.) ΨΨΨ

Annie Hall (1977) ΨΨΨΨ

Atonement (2007) ΨΨΨΨ

Away from Her (2006, Canada) ФФФФФ

Beaches (1988) ЧЧЧ

Beautiful Mind, A (2001) ΨΨΨ

Before Sunrise (1995) ΨΨΨ

Before Sunset (2004) ЧЧЧ

Blood Diamond (2006) ЧҮЧ

Brazil (1985, U.K.) ФФФ

Breakfast at Tiffany's (1961) ЧҮЧ

Bridges of Madison County, The (1995) ΨΨΨ

Carrington (1995, U.K.) ΨΨΨ

Casablanca (1942) **ЧҮЧҮЧ**

Central Station (1998, Brazil) ЧЧЧ

Changing Hearts (2002) ЧЧЧ

Cinderella (1950) ЧҮЧ

Cinema Paradiso (1988, Italy) **ЧҮЧҮЧ**

City Lights (1931) **ЧҮЧҮЧ**

City of Angels (1998) ΨΨΨ

Crash (2004) ЧЧЧ

Déià vu (1997) ΨΨΨ

Don Juan DeMarco (1995) ЧЧЧ

Dopamine (2003) ЧЧЧ

Dr. Zhivago (1965) **ЧҮЧҮЧ**

Enchanted (2007) ЧЧЧ

English Patient, The (1996) ЧҮЧЧ

Eros (2004, U.S./Italy/Hong Kong) ΨΨΨ

Feast of Love (2007) ΨΨΨΨ

Finding Forrester (2000) ΨΨΨ

Fisher King, The (1991) ΨΨΨ

Fountain, The (2006) ΨΨΨ

Garden State (2004) ΨΨΨ

Ghost (1990) ΨΨΨ

Gone with the Wind (1939) ΨΨΨ

Green Mile, The (1999) ΨΨΨ

Happy Endings (2005) ΨΨΨ
Hired Heart, The (1997) ΨΨΨ
Holiday, The (2006) ΨΨΨ
Illusionist, The (2006) ΨΨΨ
Immortal Beloved (1994, U.K./U.S.) ΨΨΨ
Innocence (2000) ΨΨΨ
Iris (2001) ΨΨΨΨ
Italian for Beginners (2000, Denmark)
ΨΨΨ
Innolyna (2005) ΨΨΨ

Lost in Translation (2003) ФФФФ Love Actually (2003) ФФФ Map of the Human Heart (1993) ФФФ Midnight Cowboy (1969) **ФФФФФ** Monsieur Ibrahim (2003, France)

ΨΨΨΨΨ

Monsoon Wedding (2001) ЧҮЧҮ Monsters Ball (2001) ЧҮЧ Mother Teresa (2003, Spain/U.K.) **ЧҮЧҮ**

Moulin Rouge (2001) ΨΨΨ
My Big Fat Greek Wedding (2002) ΨΨΨ
My First Mister (2001) ΨΨΨ
Namesake, The (2006, India/U.S.) ΨΨΨ
Never Again (2001) ΨΨΨ
New World, The (2005) ΨΨΨ
Notebook, The (2004) ΨΨΨ
Oasis (2002, South Korea) ΨΨΨ
Officer and a Gentleman, An (1982)

ΨΨΨΨΨ

OH in Ohio, The (2006) ΨΨΨ
On Golden Pond (1981) ΨΨΨΨ
Paris, I Love You (2006, France) ΨΨΨ
Passion Fish (1992) ΨΨΨ
Pauline and Paulette (2001, Belgium)
ΨΨΨ
Perfect World, A (1993) ΨΨΨ
Phanton of the Opera, The (2004) ΨΑΙΝ

Perfect World, A (1993) ΨΨΨ Phantom of the Opera, The (2004) ΨΨΨΨ Postman, The (Il Postino, 1994, France) ΨΨΨΨ Pretty Woman (1990) ΨΨΨ
Princess Bride, The (1987) ΨΨΨΨ
Reconstruction (2003, Denmark) ΨΨΨ
Reign Over Me (2007) ΨΨΨΨ
River Runs Through It, A (1992) ΨΨΨ
Road Home, The (1999, China) ΨΨΨ
Rocky Balboa (2006) ΨΨΨ
Roman Holiday (1953) ΨΨΨΨ
Romeo and Juliet (1968, U.K./Italy) ΨΨΨ
Secondhand Lions (2003) ΨΨΨ
Shakespeare in Love (1998) ΨΨΨΨΨ
Shopgirl (2005) ΨΨΨ
Short Film About Love, A (1988, Poland)
ΨΨΨ

Sleeping Beauty (1959) ΨΨΨ Sleepless in Seattle (1993) ΨΨΨ Something's Gotta Give (2003) ΨΨΨ Somewhere in Time (1980) ΨΨΨΨ Son of the Bride (2001, Argentina)

ΨΨΨΨΨ

Sophie's Choice (1982) ΨΨΨΨ Spanglish (2004) ΨΨΨ Steel Magnolias (1989) ΨΨΨ Story of Us, The (1999) ΨΨΨ Strawberry and Chocolate (1994, Cuba) ΨΨΨ

Taste of Others, The (2000, France) ФФФ Tea with Mussolini (1999, Italy) ФФФ Thelma and Louise (1991) ФФФФ Thirteen (2003) ФФФ Three Colors: Red (1994, Poland) ФФФ Tiger and the Snow, The (2005, Italy) ФФФ

Titanic (1997) ΨΨΨ
Toy Story (1995) ΨΨΨ
Truly Madly Deeply (1990) ΨΨΨ
Trust (1990) ΨΨΨ
Tuck Everlasting (2002) ΨΨΨ
Twin Sisters (2002, Netherlands) ΨΨΨ
Under the Sun (1998, Sweden) ΨΨΨ
Under the Tuscan Sun (2003) ΨΨΨ
United 93 (2006) ΨΨΨ
Venus (2006, U.K.) ΨΨΨΨ
West Side Story (1961) ΨΨΨ
When Harry Met Sally 1989) ΨΨΨ
What Dreams May Come (1998) ΨΨΨ
Yesterday (2004, South Africa) ΨΨΨΨΨ

HUMANITY: Kindness (generosity, nurturance, care, compassion, altruistic love, niceness)

About a Boy (2002) ΨΨΨ Accidental Hero, The (France) ΨΨΨ All About My Mother (1999, Spain) ΨΨΨ Amelie (2001, France) ΨΨΨΨ As Good as It Gets (1997) ΨΨΨ Babe; Babe: Pig in the City (1995; 1998) ΨΨΨ

Babette's Feast (1987, Denmark) ФФФФ Bagdad Café (1987, West Germany/U.S.) ФФФФ

Bear, The (1988, France) ΨΨΨ Black Snake Moan (2006) ΨΨΨΨ Blood Diamond (2006) ΨΨΨ Charlie and the Chocolate Factory (2005) ΨΨΨ

Cherry Orchard, The (1999, Greece/Cyprus/France) ΨΨΨ Chocolat (2000) ΨΨΨ Christmas Carol, A (1984) ΨΨΨ Cider House Rules (1999) ΨΨΨΨ Cup, The (1999, Bhutan) ΨΨΨΨ Equus (1977) ΨΨΨ Family Man, The (2000) ΨΨΨ Grand Canyon (1991) ΨΨΨ Half Nelson (2006) ΨΨΨ Harvey (1950) ΨΨΨ House of Sand & Fog (2003) ΨΨΨ How the Grinch Stole Christmas (2000) ΨΨΨ

It Could Happen to You (1994) ΨΨΨ
Manderlay (2005) ΨΨΨ
Meet John Doe (1941) ΨΨΨ
Miracle on 34th Street (1947) ΨΨΨ
Monsters Ball (2001) ΨΨΨ
Mostly Martha (2007) ΨΨΨ
Pay It Forward (2000) ΨΨΨΨ
Savages, The (2007) ΨΨΨ
Schindler's List (1993) ΨΨΨΨ
Secret of Dr. Kildare, The (1939) ΨΨΨΨ
Sister Helen (2002) ΨΨΨ
Something Like Happiness (2005, Czech Republic) ΨΨΨΨ
Touching Wild Horses (2002, Canada)
ΨΨΨ

Tsotsi (2005, South Africa/U.K.) ΨΨΨΨ Vera Drake (2004, U.K.) ΨΨΨ Waitress (2007) ΨΨΨΨΨ Willy Wonka & the Chocolate Factory (1971) ΨΨΨ

HUMANITY: Social Intelligence (emotional, personal intelligence)

African Queen, The (1951) **ЧҮЧҮ** Away from Her (2006, Canada) **ЧЧЧЧЧ** Before Sunrise (1995) ЧҮЧЧ Before Sunset (2004) ΨΨΨΨ Children of a Lesser God (1986) ЧҮЧЧ Coal Miner's Daughter (1980) **ЧҮЧҮ** Don't Come Knocking (2005) ΨΨΨΨ Driving Miss Daisy (1989) ΨΨΨΨ Equilibrium (2002) ЧЧЧ Erin Brockovich (2000) ЧЧЧЧ Five Senses. The (1999) ΨΨΨΨ Great New Wonderful, The (2005) ЧЧЧ History of Violence, A (2005) ЧЧЧ I, Robot (2004) ΨΨΨΨ Juno (2007) ЧҮЧЧ Killing Fields, The (1984) ΨΨΨΨ *Metallica: Some Kind of Monster* (2004) ΨΨΨ Nine Lives (2005) ΨΨΨ Once (2006, Ireland) ΨΨΨΨ

JUSTICE: Citizenship (social responsibility, loyalty, teamwork)

Searching for Bobby Fischer (1993) ΨΨΨ

Across the Universe (2007) ΨΨΨ Bad News Bears, The (1976; 2005) ΨΨΨ Batteries Not Included (1987) ΨΨΨ Believe in Me (2006) ΨΨΨ Best Years of Our Lives, The (1946) ΨΨΨΨΨΨ

Coach Carter (2005) ΨΨΨ Cool Runnings (1993) ΨΨΨ

Divine Secrets of the Ya-ya Sisterhood, The (2002) ΨΨΨ Eight Below (2006) ΨΨΨ Finding Nemo (2003) ΨΨΨΨ Friday Night Lights (2004) ΨΨΨ Game of Their Lives, The (2005) ΨΨΨ Glory Road (2006) ΨΨΨ Grapes of Wrath, The (1940) ΨΨΨΨΨ Hoosiers (1986) ΨΨΨΨΨ Hotel Rwanda (2004) ΨΨΨΨΨ In Good Company (2004) ΨΨΨ Joyeux Noel (Merry Christmas) (2005) ΨΨΨΨ

L.A. Confidential (1997) ΨΨΨ
Lars and the Real Girl (2007) ΨΨΨΨΨ
League of Their Own, A(1992) ΨΨΨ
Little Miss Sunshine (2006) ΨΨΨΨΨ
Longest Yard, The (2005) ΨΨΨ
Lost in Translation (2003) ΨΨΨ
Manderlay (2005, Denmark) ΨΨΨ
March of the Penguins (2003, France)
ΨΨΨΨΨ

Mighty Ducks, The (1992) ΨΨΨ Mighty Wind, A (2003) ЧЧЧ Million Dollar Baby (2004) ΨΨΨΨ Miracle (2004) ΨΨΨΨ Mr. Deeds Goes to Town (1936) ЧҮЧ Opal Dream (2005) ЧЧЧ Paper Clips (2004) ΨΨΨΨ People Say I'm Crazy (2003) ЧҮЧ Prairie Home Companion, A (2006) ЧҮЧ Radio (2003) ΨΨΨ Remember the Titans (2000) ЧҮЧЧ Rookie, The (2002) ЧЧЧ Sea Inside, The (2004, Spain) ЧҮЧЧ Shipping News, The (2001) ΨΨΨ Shrek; Shrek 2; Shrek the Third (2001; 2004; 2007) ΨΨΨΨ Sisterhood of the Traveling Pants, The $(2005) \Psi \Psi \Psi$

We Are Marshall (2006) ΨΨΨΨ Widow of Saint Pierre, The (2000, France) ΨΨΨ Winged Migration (2001, France) **ФФФФФФ**

Without a Trace (2002) ΨΨΨ Yankee Doodle Dandy (1942) ΨΨΨ Z (1969, Algeria/France) ΨΨΨΨ

JUSTICE: Fairness

12 Angry Men (1957) ΨΨΨΨΨ Adventures of Robin Hood, The (1938) ΨΨΨΨ Capote (2005) ΨΨΨΨ

Compulsion (1959) ΨΨΨ
Crimson Gold (2003, Iran) ΨΨΨ
Dead Man Walking (1995 ΨΨΨ
Defiant Ones, The (1958) ΨΨΨΨ
Do the Right Thing (1989) ΨΨΨΨ
Focus (2001) ΨΨΨΨ
Gandhi (1982) ΨΨΨΨ
Gentleman's Agreement (1947) ΨΨΨ
Girl in the Café, The (2005, U.K./U.S.)
ΨΨΨ

Guess Who's Coming to Diner (1967) **ФФФФФ**

In the Heat of the Night (1967) **ΨΨΨΨΨ** Last Wave, The (1977, Australia) ΨΨΨ Mighty Times: The Legacy of Rosa Parks (2002) ΨΨΨ

Motorcycle Diaries (2004, Argentina) ΨΨΨΨ

Music Within (2007) ФФФФ Norma Rae (1979) **ФФФФФ** Philadelphia (1993) ФФФФ Robin Hood: Prince of Thieves (1991) ФФФФ

Serpico (1973) ΨΨΨ Shane (1953) ΨΨΨΨ Sullivan's Travels (1941) **ΨΨΨΨ** To Kill a Mockingbird (1962) **ΨΨΨΨ** V for Vendetta (2005) ΨΨΨ Working Girl (1988) ΨΨΨ X-Men, X2, X-Men: The Last Stand (2000; 2003; 2006) ΨΨΨ

JUSTICE: Leadership

Amazing Grace (2006) ΨΨΨΨ Apollo 13 (1995) ЧҮЧЧ Blood Diamond (2006) ЧҮЧ Braveheart (1995) ЧҮЧЧ City of God (2002, Brazil) ЧҮЧЧ Dances with Wolves (1990) ΨΨΨΨ Darfur Now (2007) ΨΨΨΨ Evita (1997) ΨΨΨ Gladiator (2000) ЧЧЧ Glory (1989) **ΨΨΨΨΨ** Henry V (1989) **ФФФФФ** High Noon (1952) **ЧҮЧҮ** Inconvenient Truth, An (2006) ЧҮЧЧ Jimmy Carter: Man From Plains (2007) ΨΨΨΨ

Jonestown: The Life and Death of Peoples Temple (2006) ΨΨΨ Kundun (1997) ΨΨΨΨ Last King of Scotland, The (2006) ΨΨΨ Lawrence of Arabia (1962) ΨΨΨΨ Lion King, The (1994) ΨΨΨΨ Little Buddha (1993, France) ΨΨΨ Man for All Seasons, A (1966) ΨΨΨ Matrix, The (1999) ΨΨΨ Mr. Smith Goes to Washington (1939) ΨΨΨΨΨΨ

Norma Rae (1979) ΨΨΨ Paths of Glory (1957) **ΨΨΨΨΨ** Prize Winner of Defiance Ohio (2005) ΨΨΨ

Seven Samurai (1954, Japan) ΨΨΨΨ Sixth Sense, The (1999) ΨΨΨ Spartacus (1960) **ΨΨΨΨ** Twelve O'Clock High (1949) ΨΨΨΨ

TEMPERANCE: Forgiveness and Mercy

Angela's Ashes (1999) ΨΨΨ Changing Lanes (2002) ΨΨΨ City of No Limits, The (2002, Spain) ΨΨΨ Crossing Guard, The (1995) ΨΨΨ Cry, the Beloved Country (1995, South Africa/U.S.) ΨΨΨ Dead Man Walking (1995) **ЧҮЧҮЧ** Diary of a Mad Black Woman (2005) ΨΨΨ Flatliners (1990) ΨΨΨΨ In My Country (2005, South Africa/U.K.) ΨΨΨΨΨ Kite Runner, The (2007) ЧҮЧЧ Les Miserables (1998, U.K.) ФФФ Mind the Gap (2004) ЧҮЧЧ Mother Ghost (2002) ЧЧЧ No Man's Land (2002, Bosnia-Herzegovina) ΨΨΨΨ Noel (2004) ΨΨΨ O Brother, Where Art Thou (2000) ΨΨΨ Ordinary People (1980) ΨΨΨΨ Queen Margot (1994, France) ЧЧЧ Regret to Inform (1998) ΨΨΨ Squid and the Whale, The (2005) ЧҮЧ Straight Story, The (1999) **ЧҮЧҮ**

TEMPERANCE: Humility and Modesty

Tender Mercies (1983) ФФФФ

Thousand Acres, A (1997) ЧҮЧ

Unfinished Life, An (2005) ЧЧЧ

World Traveler (2001) ЧҮЧ

Volver (2006) ΨΨΨΨ

Upside of Anger, The (2005) ЧЧЧ

Terms of Endearment (1983) ΨΨΨΨ

10 Questions for the Dalai Lama (2006) ΨΨΨΨ

Batman (1989; 1992; 1995; 1997; 2005) ΨΨΨΨ

Being There (1979) ΨΨΨ
Charisma (1999, Japan) ΨΨΨ
Dalai Lama Renaissance (2007) ΨΨΨ
For Your Consideration (2006) ΨΨΨ
Fourth Wise Man, The (1985) ΨΨΨΨ
Gandhi (1982) ΨΨΨΨΨ
Hero (2002, Hong Kong) ΨΨΨΨ
Keys of the Kingdom, The (1944) ΨΨΨΨ
Little Buddha (1993, France) ΨΨΨ
Memoirs of a Geisha (2005) ΨΨΨΨ

My Name Is Bill W. (1989) ЧҮЧЧ

My Super Ex-Girlfriend (2006) ЧФЧ
Passion of the Christ, The (2004) ЧФЧФ
Peaceful Warrior (2006) **ФФФФФ**Rain Man (1988) **ФФФФФ**Ringer, The (2005) ФФФ
Seven Years in Tibet (1997) ФФФ
Son of the Bride (2001, Argentina) ФФФФ
Spider-Man (2002; 2004; 2007) ФФФФ
Superman (1978; 1980; 1983; 1987; 2006)
ФФФФ

Tiger and the Snow, The (2005, Italy) ФФФФ

Truman Show, The (1998) **ФФФФФ** Unbreakable (2000) ФФФФ

TEMPERANCE: Prudence

As Good as It Gets (1997) ΨΨΨ Danny Deckchair (2003) ΨΨΨ Darwin Awards,The (2006) ΨΨΨ Day the Earth Stood Still,The (1951) ΨΨΨΨ

Driving Miss Daisy (1989) ΨΨΨΨΨ Not One Less (1999, China) ΨΨΨΨ Queen, The (2006, U.K.) ΨΨΨΨΨ Road Home,The (1999, China) ΨΨΨΨ Sense and Sensibility (1995) ΨΨΨΨ Shawshank Redemption, The (1994) ΨΨΨΨΨ

TEMPERANCE: Self-Regulation (self-control)

Be Cool (2005) ΨΨΨ Birdman of Alcatraz (1962) ΨΨΨΨ Bourne Identity; Bourne Supremacy; Bourne Ultimatum, The (2002; 2004; 2007) ΨΨΨΨ Breaking Away (1979) ΨΨΨΨ Bridge on the River Kwai, The (1957) ΨΨΨΨΨ

Brothers, The (2001) ЧЧЧ Chorus, The (2004, France) **ЧЧЧЧЧ** Forrest Gump (1994) **ЧЧЧЧ** Karate Kid,The (1984) ΨΨΨ Klepto (2003) ΨΨΨ Mad Hot Ballroom (2005) ΨΨΨΨΨ Maltese Falcon, The (1941) ΨΨΨΨΨ March of the Penguins (2005, France) ΨΨΨΨΨ

Maria Full of Grace (2004) **ЧҮЧҮ** National Velvet (1944) ЧҮЧҮ Paper Chase, The (1973) ЧҮЧ Queen, The (2006, U.K.) ЧҮЧҮ Snow Walker, The (2003, Canada) ЧҮЧ Spring, Summer, Fall, Winter...and Spring (2003, South Korea) ЧҮЧЧ Super Size Me (2004) ЧҮЧ Syrian Bride, The (2004, Israel/France) ЧҮЧҮ

Warm Water Under a Red Bridge (2001, Japan) ΨΨΨΨ Warrior, The (2001) ΨΨΨΨ Woodsman, The (2004) ΨΨΨ

TRANSCENDENCE: Appreciation of Beauty and Excellence (awe, wonder, elevation)

Amelie (2001, France) ΨΨΨΨ American Beauty (1999) ΨΨΨΨΨ America's Heart and Soul (2004) ΨΨΨ Baraka (1992) ΨΨΨΨ Celestine Prophecy (2006) ΨΨΨ Color of Paradise, The (1999, Iran) ΨΨΨ Crouching Tiger, Hidden Dragon (2000, Taiwan) ΨΨΨΨ Eldra (2002, U.K.) ΨΨΨ Faraway, So Close! (1993, Germany) ΨΨΨΨ

Fearless (1993) ΨΨΨ
Genesis (2004, France/Italy) ΨΨΨ
Grizzly Man (2005) ΨΨΨΨ
Hero (2002, Hong Kong) ΨΨΨΨ
House of Flying Daggers (2004, China/Hong Kong) ΨΨΨΨ
Into Great Silence (2004, France/Germany) ΨΨΨΨ
It's a Wonderful Life (1946) ΨΨΨΨ
King Kong (2005) ΨΨΨ
Microcosmos (1996, France) ΨΨΨΨ

Morvern Callar (2002, U.K.) ΨΨΨΨ My Life Without Me (2003, Spain/Canada) ΨΨΨ

Noi the Albino (2003, Iceland) ΨΨΨ Out of Africa (1985) ΨΨΨ Pauline and Paulette (2000, Belgium) ΨΨΨ

Pillow Book, The (1997, France/U.K.) ΨΨΨ

Prestige, The (2006) ΨΨΨ Scent of Green Papaya, The (1993, Vietnam) ΨΨΨ

Tea with Mussolini (1999, Italy/U.K.) ΨΨΨ

Vertical Ray of the Sun, The (2000, Vietnam) ΨΨΨ

Waking Life (2001) ЧЧЧ

Wind Will Carry Us, The (1999, Iran) ΨΨΨ

Winged Migration (2002, France) ФФФФ Wings of Desire (1987, West Germany) ФФФФФФ

TRANSCENDENCE: Gratitude

After Life (1998, Japan) ЧЧЧ Amelie (2001, France) ΨΨΨΨΨ Big Night (1996) ЧЧЧ Click (2006) ЧЧЧ Color Purple, The (1985) **ЧҮЧҮ** Delivering Milo (2001) ЧЧЧ Doctor, The (1991) ΨΨΨ Eternal Sunshine of the Spotless Mind (2004) **ΨΨΨΨ** Fearless (1993) ЧҮЧЧ For One More Day (2007) ΨΨΨ Fried Green Tomatoes (1991) ЧҮЧЧ God Grew Tired of Us (2006) ЧЧЧЧ Good Year, A (2006) ЧЧЧ Groundhog Day (1993) ΨΨΨΨ Harvey (1950) **ЧЧЧ** It's a Wonderful Life (1946) **ЧҮЧҮ** Last Samurai, The (2003) ЧҮЧ New World, The (2005) ЧҮЧ Rory O'Shea Was Here (2004) ЧҮЧ Secret, The (2006) ЧЧЧ SherryBaby (2006) ΨΨΨ

Ultimate Gift, The (2006) ΨΨΨΨ Willow Tree, The (2005, Iran) ΨΨΨ

TRANSCENDENCE: Hope (optimism, future mindedness, future orientation)

16 Years of Alcohol (2003) ΨΨΨ Antonia's Line (1995, Netherlands) ΨΨΨΨΨ

Awakenings (1990) ΨΨΨΨ Babe (1995) ΨΨΨΨ Black Stallion, The (1979) ΨΨΨΨ Blue Butterfly (2004) ΨΨΨ Boys Town (1938) ΨΨΨΨ Cape of Good Hope (2004, South Africa) ΨΨΨΨ

Cast Away (1999) **ΨΨΨΨΨ** Cinderella Man (2005) ΨΨΨΨ Cooler, The (2003) ΨΨΨ E.T.: The Extra-Terrestrial (1982) **ΨΨΨΨΨ**

Enchanted April (1992) ΨΨΨ Eternity and a Day (1998, Greece/Germany) **ΨΨΨΨΨ** Everything's Coming My Way (2005)

Everyining's Coming My Way (2002) ΨΨΨ Fiddler on the Roof (1971) ΨΨΨ

Frailer on the Roof (1971) 444
Freedom Writers (2007) ΨΨΨ
Hustle and Flow (2005) ΨΨΨ
In America (2003) ΨΨΨ
Joshua (2002) ΨΨΨ
Legend of Bagger Vance, The (2000)
ΨΨΨΨΨΨ

Lighthouse Hill (2004, U.K.) ЧҮЧ Lilies of the Field (1963) **ЧЧЧЧ** Lonesome Jim (2005) ЧЧЧ Maldonado Miracle, The (2003) ЧЧЧ Man Escaped, A (1956, France) **ЧЧЧЧЧ** Miracle on 34th Street (1947) **ЧЧЧЧЧ** Miracle Worker, The (1962) **ЧЧЧЧЧ** Nativity Story, The (2006) ЧЧЧ Pelle the Conqueror (1987, Denmark) **ЧЧЧЧЧ**

Perez Family, The (1995) ΨΨΨ Prize Winner of Defiance, Ohio, The (2005) **ΨΨΨΨ** Raisin in the Sun, A (1961) ΨΨΨΨ

Ratcatcher (1999, U.K., France) ФФФ Seabiscuit (2003) **ФФФФФ** Shawshank Redemption, The (1994) **ФФФФФ**

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Stand and Deliver (1988) ΨΨΨΨ Tender Mercies (1983) ΨΨΨΨ Thelma and Louise (1991) ΨΨΨΨ Very Long Engagement, A (2004, France) ΨΨΨΨΨ

Vodka Lemon (2003, France/Armenia)

Wild Strawberries (1957, Sweden) **ФФФФФ**

Wizard of Oz, The (1939) **ΨΨΨΨ** Yesterday (2004, South Africa) **ΨΨΨΨΨ**

TRANSCENDENCE: Humor (playfulness)

Assisted Living (2003) ΨΨΨ
Beautiful Mind, A (2001) ΨΨΨ
Before Sunrise (1995) ΨΨΨ
Before Sunset (2004) ΨΨΨ
Best in Show (2000) ΨΨΨΨ
Big Fish (2003) ΨΨΨ
Corpse Bride (2005) ΨΨΨ
Good Morning, Vietnam (1987) ΨΨΨ
Half Nelson (2006) ΨΨΨ
Laughing Club of India, The (1999, India)
ΨΨΨΨΨ

Life Is Beautiful (1997, Italy) **ΨΨΨΨ**Looking for Comedy in the Muslim World
(2005) ΨΨΨ

Marie Antoinette (2006) ЧЧЧ Mighty Wind, A (2003) ЧЧЧ Murderball (2005) **ЧҮЧЧ** Nothing (2003, Canada) ЧЧЧ One Last Thing (2005) ЧЧЧ Patch Adams (1998) **ЧҮЧЧЧ** Ridicule (1996, France) ЧЧЧ Road to Welville, The (1994) ЧЧЧ Smile (2005) ЧЧЧ Waiting for Guffman (1996) ЧЧЧ Zorba the Greek (1964) **ЧҮЧЧ**

TRANSCENDENCE: Spirituality (religiousness, faith, purpose, meaning)

About Schmidt (2002) ΨΨΨΨ Alice in Wonderland (1951) ΨΨΨΨ America's Heart and Soul (2004) ΨΨΨ Apostle, The (1987) ΨΨΨΨ Around the World in 80 Days (1956) ΨΨΨ

Astronaut Farmer, The (2006) ЧЧЧ August Rush (2007) ЧЧЧ Beauty and the Beast (1991) ΨΨΨΨ Bee Season (2005) ЧЧЧ Believer. The (2001) ΨΨΨΨ Beloved (1998) ΨΨΨ Bible. The (1966) ЧҮЧ Big Kahuna, The (1999) ЧЧЧ Book of Life, The (1998) ΨΨΨ Box of Moonlight (1996) ЧЧЧ Breakfast on Pluto (2005, Ireland) ЧЧЧ Broken Flowers (2005) ЧЧЧ Bruce Almighty (2002) ЧЧЧ Bucket List, The (2007) ЧҮЧЧ Children of Men (2006) ЧЧЧ Contact (1997) ΨΨΨ Conversations with God (2006) ЧЧЧЧ Chronicles of Narnia: The Lion, the Witch, and the Wardrobe, The (2005) ΨΨΨΨ

Crime of Father Amaro, The (2002, Mexico) ΨΨΨΨ

Da Vinci Code, The (2006) ФФФ Day Christ Died, The (1980) ФФФ Dead Poets Society (1989) ФФФ Don't Come Knocking (2005) ФФФФ E.T.: The Extra-Terrestrial (1982) ФФФФФ

Emmanuel's Gift (2005) **ЧҮҮҮУ** Employee of the Month (2006) ЧЧЧ Enlightenment Guaranteed (2000, Germany) ΨΨΨ Field of Dreams (1989) **ЧҮҮЧ** Francesco (1989, Italy) ЧЧЧ Francis of Assisi (1961) ФФФ From the Manger to the Cross (1912) ΨΨΨ Gandhi (1982, U.K./India) ΨΨΨΨΨ God Is Great and I Am Not (2001, France) ΨΨΨ Godspell (1973) ΨΨΨ Golden Compass, The (2007) ЧЧЧ Gospel According to Saint Matthew. The (1964. Italy) ΨΨΨΨ Gospel of John, The (2003) ΨΨΨ *Greatest Story Ever Told, The* (1965) ψψψψ Happenstance (2000, France) ЧЧЧ Healer. The (2002) ЧЧЧ Heaven (1986) ЧҮЧ Heaven's Bookstore (2004, Japan) ФФФФ Hitchhiker's Guide to the Galaxy, The (2005) **ΨΨΨΨ** Holes (2003) ΨΨΨ I Heart Huckabees (2004) ЧҮЧ *Ikiru* (1952, Japan) ЧҮЧЧ Illusion (2004) ЧЧЧ Incredibles, The (2004) **ЧҮЧҮ** Indiana Jones and the Last Crusade (1989) **ΨΨΨΨ** Indiana Jones and the Temple of Doom (1984) **ΨΨΨΨ** Indigo (2003) ΨΨΨ Into Great Silence (2006. France/Germany) ΨΨΨΨ Into the Wild (2007) ЧҮЧ James' Journey to Jerusalem (2003, Isra-Jarhead (2005) ЧЧЧ Jesus (1979) ΨΨΨ Jesus Camp (2006) ЧЧЧ Jesus Christ Superstar (1973) ЧҮЧ Jesus Devant Pilate (1898, France) ЧЧЧ Jesus of Montreal (1989) ЧЧЧ Jesus of Nazareth (1977) ЧҮЧ Joe Versus the Volcano (1990) ЧЧЧ Johanna (2005, Hungary) ЧЧЧ

Joshua (2002) ЧЧЧ Julie Walking Home (2002, Germany) ΨΨΨ King of Kings, The (1961) ΨΨΨ Kingdom of Heaven (2005) ΨΨΨ Kissing Jessica Stein (2001) ΨΨΨ Kumbh Mela: Songs of the River (2004) Kundun (1997) ФФФ Lagaan: Once Upon a Time in India (2001, India) ΨΨΨ Last Temptation of Christ, The (1988) ΨΨΨΨ Little Buddha (1993, France) ЧЧЧ Mindwalk (1990) ΨΨΨ Miracle Maker. The (2000) ΨΨΨ Monsieur Ibrahim (2003, France) ΨΨΨΨΨ Monty Python and the Holy Grail (1975. U.K.) ΨΨΨ Monty Python's Life of Brian (1979) ЧЧЧ Monty Python's the Meaning of Life (1983, U.K.) ΨΨΨ Moonstruck (1987) ΨΨΨ Mother Teresa (2003, Spain/U.K.) ΨΨΨΨΨ Naked (1993, U.K.) ЧҮЧ Nativity Story, The (2006) ЧЧЧ Pact of Silence, The (2002, France) ЧҮЧ Paradise Now (2005, Palestine/Israel) ΨΨΨ Paris, Texas (1984) ЧҮЧЧ Passion of the Christ, The (2004) ЧҮЧЧ Pleasantville (1998) ЧҮЧЧ Priest (1994, U.K.) ΨΨΨ Princess and the Warrior. The (2000. Germany) ΨΨΨΨΨ Raiders of the Lost Ark (1981) ФФФФ Ram Dass, Fierce Grace (2001) ЧҮЧЧ Razor's Edge, The (1984) ЧҮЧ Rumi: Poet of the Heart (1998) ЧЧЧ Run Lola Run (1998, Germany) ФФФФФ Secret of Roan Inish (1994, U.S./Ireland) ΨΨΨ Serpico (1973) ΨΨΨΨ Seventh Seal, The (1957, Sweden) ΨΨΨΨ Signs (2002) ΨΨΨΨ

Sliding Doors (1998) ΨΨΨ
Spring, Summer, Fall, Winter...and Spring
(2003, South Korea) ΨΨΨΨ
St. Francis of Assisi (1944, Mexico) ΨΨΨ
Stranger Than Fiction (2006) ΨΨΨ
Tao of Steve, The (2000) ΨΨΨ
Ten Commandments, The (1956) ΨΨΨΨ
Therese: Story of St. Therese of Liseaux
(2004) ΨΨΨΨ
Thumbsucker (2005) ΨΨΨ
Transamerica (2005) ΨΨΨ
Travelers and Magicians (2003, Bhutan)
ΨΨΨ
Virgin (2003) ΨΨΨ
Waiting for Happiness (2002, Maurita-

nia/France) ΨΨΨ

War Within, The (2005) ΨΨΨ
Weather Man, The (2005) ΨΨΨ
What the Bleep Do We (K)now!? (2004)
ΨΨΨΨ
What the Bleep!?: Down the Rabbit Hole
(2006) ΨΨΨ
Why Has Bodhi-Dharma Left for the East?
(1989, South Korea) ΨΨΨΨ
Wide Awake (1998) ΨΨΨΨ
Wizard of Oz, The (1939) ΨΨΨΨ
Y Tu Mama Tambien (2001, Mexico)
ΨΨΨ
Yogis of Tibet, The (2002) ΨΨΨ
You Can Count on Me (2000) ΨΨΨ

Zen Noir (2004) ΨΨΨΨ