Exemplars in *Positive Psychology at the Movies*

An exemplar film is a 5-psi (ΨΨΨΨΨ) 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)

### Justice

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

### 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)

### 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)

<table>
<thead>
<tr>
<th>Film:</th>
<th>Clip:</th>
<th>Description</th>
<th>Themes</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>American Beauty</em> (1999)</td>
<td>1:01:30 – 1:04:30</td>
<td>Two characters watch a plastic bag floating in the wind</td>
<td>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.</td>
</tr>
<tr>
<td><em>A Beautiful Mind</em> (2001)</td>
<td>1:43:06 – 1:45:40</td>
<td>Wife decides on living arrangements for her husband, a man coping with schizophrenia</td>
<td>Connectedness; shift from the head to the heart; faith in one’s partner</td>
</tr>
<tr>
<td><em>Life as a House</em> (2001)</td>
<td>1:57:36 – 2:00:36</td>
<td>Mother arrives to tell her son his father whom he has recently bonded with has passed away; father gives voice-over</td>
<td>Meaning and purpose in life; community support; letting go; redemption</td>
</tr>
<tr>
<td><em>Field of Dreams</em> (1989)</td>
<td>4:25 – 7:25</td>
<td>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, <em>Harvey</em>, starring James Stewart.</td>
<td>Trust and faith; listening to God, intuition, inner voice; rejecting and denying one’s “still, small voice.”</td>
</tr>
<tr>
<td><em>The Legend of Bagger Vance</em> (2000)</td>
<td>1:15:10 – 1:18:10</td>
<td>Golfer gets coached out of a “slump” by his caddy</td>
<td>Flow; integrity; “finding your authentic swing;” patience</td>
</tr>
<tr>
<td><em>Mind the Gap</em> (2004)</td>
<td>1:33:01 – 1:35:13</td>
<td>A man whose suicide attempt was interrupted consults with a priest</td>
<td>Importance of forgiveness; benefit for self and others</td>
</tr>
<tr>
<td><em>Wings of Desire</em> (1987, Germany)</td>
<td>1:32:05 – 1:35:05</td>
<td>Angel decides to become a man and makes the transition to the world</td>
<td>Beginner’s mind; use of all the senses; mindfulness; appreciation and joy</td>
</tr>
</tbody>
</table>
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)
*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

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

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)

<table>
<thead>
<tr>
<th>Number</th>
<th>Movie Title</th>
<th>Year</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td><em>It’s a Wonderful Life</em></td>
<td>1946</td>
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<td>2</td>
<td><em>To Kill a Mockingbird</em></td>
<td>1962</td>
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<td>3</td>
<td><em>Schindler’s List</em></td>
<td>1993</td>
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<tr>
<td>4</td>
<td><em>Rocky</em></td>
<td>1976</td>
</tr>
<tr>
<td>5</td>
<td><em>Mr. Smith Goes to Washington</em></td>
<td>1939</td>
</tr>
<tr>
<td>6</td>
<td><em>E.T. The Extra-Terrestrial</em></td>
<td>1982</td>
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<tr>
<td>7</td>
<td><em>The Grapes of Wrath</em></td>
<td>1940</td>
</tr>
<tr>
<td>8</td>
<td><em>Breaking Away</em></td>
<td>1979</td>
</tr>
<tr>
<td>9</td>
<td><em>Miracle on 34th Street</em></td>
<td>1947</td>
</tr>
<tr>
<td>10</td>
<td><em>Saving Private Ryan</em></td>
<td>1998</td>
</tr>
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<td>11</td>
<td><em>The Best Years of Our Lives</em></td>
<td>1946</td>
</tr>
<tr>
<td>12</td>
<td><em>Apollo 13</em></td>
<td>1995</td>
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<tr>
<td>13</td>
<td><em>Hoosiers</em></td>
<td>1986</td>
</tr>
<tr>
<td>14</td>
<td><em>The Bridge on the River Kwai</em></td>
<td>1957</td>
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<tr>
<td>15</td>
<td><em>The Miracle Worker</em></td>
<td>1962</td>
</tr>
<tr>
<td>16</td>
<td><em>Norma Rae</em></td>
<td>1979</td>
</tr>
<tr>
<td>17</td>
<td><em>One Flew Over the Cuckoo’s Nest</em></td>
<td>1975</td>
</tr>
<tr>
<td>18</td>
<td><em>The Diary of Anne Frank</em></td>
<td>1959</td>
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<tr>
<td>19</td>
<td><em>The Right Stuff</em></td>
<td>1983</td>
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<tr>
<td>20</td>
<td><em>Philadelphia</em></td>
<td>1993</td>
</tr>
<tr>
<td>21</td>
<td><em>In the Heat of the Night</em></td>
<td>1967</td>
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<td>22</td>
<td><em>The Pride of the Yankees</em></td>
<td>1942</td>
</tr>
<tr>
<td>23</td>
<td><em>The Shawshank Redemption</em></td>
<td>1994</td>
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<tr>
<td>24</td>
<td><em>National Velvet</em></td>
<td>1944</td>
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<tr>
<td>25</td>
<td><em>Sullivan’s Travels</em></td>
<td>1941</td>
</tr>
<tr>
<td>26</td>
<td><em>The Wizard of Oz</em></td>
<td>1939</td>
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<tr>
<td>27</td>
<td><em>High Noon</em></td>
<td>1952</td>
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<td>28</td>
<td><em>Field of Dreams</em></td>
<td>1989</td>
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<td>29</td>
<td><em>Gandhi</em></td>
<td>1982</td>
</tr>
<tr>
<td>30</td>
<td><em>Lawrence of Arabia</em></td>
<td>1962</td>
</tr>
<tr>
<td>31</td>
<td><em>Glory</em></td>
<td>1989</td>
</tr>
<tr>
<td>32</td>
<td><em>Casablanca</em></td>
<td>1942</td>
</tr>
<tr>
<td>33</td>
<td><em>City Lights</em></td>
<td>1931</td>
</tr>
<tr>
<td>34</td>
<td><em>All the President’s Men</em></td>
<td>1976</td>
</tr>
<tr>
<td>35</td>
<td><em>Guess Who’s Coming to Dinner</em></td>
<td>1967</td>
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<tr>
<td>36</td>
<td><em>On the Waterfront</em></td>
<td>1954</td>
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<td>37</td>
<td><em>Forrest Gump</em></td>
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<td><em>Pinocchio</em></td>
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<td><em>Star Wars</em></td>
<td>1977</td>
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<td><em>Mrs. Miniver</em></td>
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<td>41</td>
<td><em>The Sound of Music</em></td>
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<td>42</td>
<td><em>12 Angry Men</em></td>
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<td>43</td>
<td><em>Gone with the Wind</em></td>
<td>1939</td>
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<td>44</td>
<td><em>Spartacus</em></td>
<td>1960</td>
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<td>45</td>
<td><em>On Golden Pond</em></td>
<td>1981</td>
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<td>46</td>
<td><em>Lilies of the Field</em></td>
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<td>47</td>
<td><em>2001: A Space Odyssey</em></td>
<td>1968</td>
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<tr>
<td>48</td>
<td><em>The African Queen</em></td>
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<td>49</td>
<td><em>Meet John Doe</em></td>
<td>1941</td>
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<td>50</td>
<td><em>Seabiscuit</em></td>
<td>2003</td>
</tr>
<tr>
<td>51</td>
<td><em>The Color Purple</em></td>
<td>1985</td>
</tr>
<tr>
<td>52</td>
<td><em>Dead Poets Society</em></td>
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<td><em>Shane</em></td>
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<td>55</td>
<td><em>The Defiant Ones</em></td>
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<td>56</td>
<td><em>Ben-Hur</em></td>
<td>1959</td>
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<td>57</td>
<td><em>Sergeant York</em></td>
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<td>58</td>
<td><em>Close Encounters of the Third Kind</em></td>
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<td><em>Dances with Wolves</em></td>
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<td>60</td>
<td><em>The Killing Fields</em></td>
<td>1984</td>
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<td>61</td>
<td><em>Sounder</em></td>
<td>1972</td>
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<td><em>Rain Man</em></td>
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<td><em>A Raisin in the Sun</em></td>
<td>1961</td>
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<td><em>Silkwood</em></td>
<td>1983</td>
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<td>67</td>
<td><em>The Day the Earth Stood Still</em></td>
<td>1951</td>
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<td>68</td>
<td><em>An Officer and a Gentleman</em></td>
<td>1982</td>
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<td>69</td>
<td><em>The Spirit of St. Louis</em></td>
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<td>70</td>
<td><em>Coal Miner’s Daughter</em></td>
<td>1980</td>
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<td>72</td>
<td><em>Dark Victory</em></td>
<td>1939</td>
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<td>73</td>
<td><em>Erin Brockovich</em></td>
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<td>74</td>
<td><em>Gunga Din</em></td>
<td>1939</td>
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<td>75</td>
<td><em>The Verdict</em></td>
<td>1982</td>
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<td><em>Birdman of Alcatraz</em></td>
<td>1962</td>
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<td>77</td>
<td><em>Driving Miss Daisy</em></td>
<td>1989</td>
</tr>
<tr>
<td>78</td>
<td><em>Thelma &amp; Louise</em></td>
<td>1991</td>
</tr>
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<td><em>The Ten Commandments</em></td>
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<td><em>Babe</em></td>
<td>1995</td>
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<td><em>Boys Town</em></td>
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<td>82</td>
<td><em>Fiddler On The Roof</em></td>
<td>1971</td>
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<td><em>Mr. Deeds goes to Town</em></td>
<td>1936</td>
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<tr>
<td>84</td>
<td><em>Serpico</em></td>
<td>1974</td>
</tr>
<tr>
<td>85</td>
<td><em>What’s Love Got to Do With It</em></td>
<td>1993</td>
</tr>
<tr>
<td>86</td>
<td><em>Stand and Deliver</em></td>
<td>1988</td>
</tr>
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<td>87</td>
<td><em>Working Girl</em></td>
<td>1988</td>
</tr>
<tr>
<td>88</td>
<td><em>Yankee Doodle Dandy</em></td>
<td>1942</td>
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<tr>
<td>89</td>
<td><em>Harold and Maude</em></td>
<td>1972</td>
</tr>
<tr>
<td>90</td>
<td><em>Hotel Rwanda</em></td>
<td>2004</td>
</tr>
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<td>91</td>
<td><em>The Paper Chase</em></td>
<td>1973</td>
</tr>
<tr>
<td>92</td>
<td><em>Fame</em></td>
<td>1980</td>
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<tr>
<td>93</td>
<td><em>A Beautiful Mind</em></td>
<td>2001</td>
</tr>
<tr>
<td>94</td>
<td><em>Captains Courageous</em></td>
<td>1937</td>
</tr>
<tr>
<td>95</td>
<td><em>Places in the Heart</em></td>
<td>1984</td>
</tr>
<tr>
<td>96</td>
<td><em>Searching for Bobby Fischer</em></td>
<td>1993</td>
</tr>
<tr>
<td>97</td>
<td><em>Madame Curie</em></td>
<td>1943</td>
</tr>
<tr>
<td>98</td>
<td><em>The Karate Kid</em></td>
<td>1984</td>
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<tr>
<td>99</td>
<td><em>Ray</em></td>
<td>2004</td>
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<tr>
<td>100</td>
<td><em>Chariots of Fire</em></td>
<td>1981</td>
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</table>

*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) ΨΨΨΨΨ
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) ΨΨΨΨ
Bridge to Terabithia (2007) ΨΨΨΨΨ
Chicago (2002) ΨΨΨ
Chitty Chitty Bang Bang (1968) ΨΨΨ
Conversation(s) with Other Women (2005) ΨΨΨ
Dancer in the Dark (2000, Denmark) ΨΨΨ
Danny Deckchair (2004, Australia) ΨΨΨΨ
De-Lovely (2004) ΨΨΨΨ
Dreamgirls (2006) ΨΨΨΨ
Dreams (1990, Japan) ΨΨΨΨ
Edison, the Man (1940) ΨΨΨΨ
Edward Scissorhands (1990) ΨΨΨΨΨ
Emperor’s Club, The (2002) ΨΨΨΨΨ
Freedom Writers (2007) ΨΨΨΨΨ
Henry Fool (1997) ΨΨΨΨ
Hobart Shakespeareans, The (2005) ΨΨΨΨ
Illusionist, The (2006) ΨΨΨΨΨ
I’m Not There (2007) ΨΨΨΨ
In Cold Blood (1967) ΨΨΨΨ
I.Q. (1994) ΨΨΨΨ
La Vie en Rose (2007, France) ΨΨΨΨ
Life Is Beautiful (1997, Italy) ΨΨΨΨΨ
Manic (2001) ΨΨΨΨ
Mr. Holland’s Opus (1995) ΨΨΨΨΨ
Mrs. Henderson Presents (2005) ΨΨΨΨ
My Left Foot (1989, Ireland/U.K.) ΨΨΨΨΨ
Once (2006, Ireland) ΨΨΨΨΨ
Overture, The (2006, Thailand) ΨΨΨΨΨ
Pan’s Labyrinth (2006, Mexico) ΨΨΨΨΨ
Pollock (2000) ΨΨΨΨ
Ponette (1999, France) ΨΨΨΨΨ

Proof (2005) ΨΨΨΨ
Prozac Nation (2005) ΨΨΨΨ
Ray (2004) ΨΨΨΨΨ
Return to Oz (1985) ΨΨΨΨ
Right Now (2004, France) ΨΨΨΨΨ
Rivers and Tides (2001, Germany/Finland) ΨΨΨΨΨ
Russian Ark (2003, Russia) ΨΨΨΨΨ
Shakespeare Behind Bars (2006) ΨΨΨΨΨ
Shine (1996, Australia) ΨΨΨΨΨ
Sketches of Frank Gehry (2006) ΨΨΨΨΨ
Surviving Picasso (1996) ΨΨΨΨΨ
Sylvia (2003, U.K.) ΨΨΨΨΨ
To Be and to Have (2002, France) ΨΨΨΨΨΨ
Together (2002, China) ΨΨΨΨΨΨ
Vincent (1987, Australia) ΨΨΨΨΨΨ
Vincent and Theo (1990, Netherlands) ΨΨΨΨΨΨ
Walk the Line (2005) ΨΨΨΨΨΨΨ
Yellow Brick Road (2005) ΨΨΨΨΨΨΨ
Yes Men, The (2003) ΨΨΨΨΨΨΨ

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

10 Items or Less (2007) ΨΨΨΨΨΨ
Adventures of Robinson Crusoe, The (1954) ΨΨΨΨΨΨ
Apt Pupil (1998) ΨΨΨΨΨΨ
Belle de Jour (1967, France/Italy) ΨΨΨΨΨΨ
Close Encounters of the Third Kind (1977) ΨΨΨΨΨΨ
Everything Is Illuminated (2005) ΨΨΨΨΨΨΨΨΨ
Faraway, So Close (1993, Germany) ΨΨΨΨΨΨΨΨΨ
God Grew Tired of Us (2006) ΨΨΨΨΨΨΨΨΨ
I Am Curious (Yellow) (1967, Sweden) ΨΨΨΨΨΨΨΨΨ
Last Images of the Shipwreck (1989, Argentina) ΨΨΨΨΨΨΨΨΨ
Machinist, The (2004, Spain) ΨΨΨΨΨΨΨΨΨ
Madame Curie (1943) ΨΨΨΨΨΨΨΨΨ
Man Without a Past, The (2002, Finland)
Melvin Goes to Dinner (2003)
Memento (2000)
Mongolian Ping-Pong (2005, China)
My Dinner with Andre (1981)
Rear Window (1954)
Secret Garden, The (1993)
Secrets of the Heart (1997, Spain)
Star Maker, The (1995, Italy)
Wings of Desire (1987, West Germany)
Wondrous Oblivion (2003, U.K.)

WISDOM: Open-mindedness (judgment, critical thinking)

25th Hour (2002)
Before Sunrise (1995)
Before Sunset (2004)
Eyes Wide Shut (1999)
Fargo (1996)
Hairspray (2007)
Harold and Maude (1971)
Into Me See (2005)
Japanese Story (2003, Australia)
Michael Clayton (2007)
Monsieur Ibrahim (2003, France)
Mostly Martha (2001, Italy)
Pi (1998)
Pure Formality, A (1994, France)
Rashômon (1950, Japan)
Vanilla Sky (2001)
Water (2006, India)

WISDOM: Love of Learning

Akeelah and the Bee (2006)
Beautiful Mind, A (2001)

Bee Season (2005)
Billy Elliot (2000)
Dead Poets Society (1989)
Freedom Writers (2007)
Harvie Krumpet (2003, Australia)
Mad Hot Ballroom (2005)
Spellbound (1945)
Thumbsucker (2005)
Unknown White Male (2005)
Yentl (1983)

WISDOM: Perspective (wisdom)

Antonia’s Line (1995, Netherlands)
Antwone Fisher (2002)
Chorus, The (2004, France)
Coach Carter (2005)
Crash (2004)
Feast of Love (2007)
Fountain, The (2006)
Life as a House (2001)
On Golden Pond (2001)
Peaceful Warrior (2006)
Taste of Cherry (1997, Iran)
To Be and to Have (2002, France)
Valentin (2002, Argentina)

COURAGE: Bravery (valor)

12 Angry Men (1957)
16 Blocks (2006)
Aliens (1986)
American History X (1998)
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<td>(2002)</td>
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<td>(1995)</td>
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<td>(2002, Australia)</td>
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<td>Babel</td>
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<td>(2005)</td>
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<td>(2007)</td>
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<td>Braveheart</td>
<td>(1995)</td>
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<td>Celebration, The</td>
<td>(1998, Denmark)</td>
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<td>City of God</td>
<td>(2002, Brazil)</td>
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<td>Constant Gardener, The</td>
<td>(2005, Germany/U.K.)</td>
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<td>Defending Your Life</td>
<td>(1991)</td>
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<td>Duma</td>
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<td>(2005)</td>
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<td>(1997)</td>
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<td>Happy Feet</td>
<td>(2006)</td>
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<td>Hollywoodland</td>
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<td>Into the Arms of Strangers: Stories of the Kindertransport</td>
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<td>(1957)</td>
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<td>(2007)</td>
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<td>Let There Be Light</td>
<td>(1946)</td>
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<td>Man Escaped, A</td>
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<td>Manchurian Candidate, The</td>
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<td>Paths of Glory</td>
<td>(1957)</td>
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<td>Personal Velocity</td>
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<td>Popeye</td>
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<td>Punch-Drunk Love</td>
<td>(2002)</td>
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<td>Rebel Without a Cause</td>
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<td>Saving Private Ryan</td>
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<td>Schindler’s List</td>
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<td>Seoul Train</td>
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<td>Silence of the Lambs</td>
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<td>Sound of Music, The</td>
<td>(1965)</td>
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<td>South Central</td>
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<td>United 93</td>
<td>(2006)</td>
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<td>World Trade Center</td>
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</table>

**COURAGE: Integrity**

(authenticity, honesty)

- 3:10 to Yuma (2007)
- Adventures of Priscilla, Queen of the Desert, The (1994, Australia)
- All the President’s Men (1976)
- Captain Courageous (1937)
- Chariots of Fire (1981)
- Charlie and the Chocolate Factory (2005)
- Civil Action, A (1998)
- Corpse Bride (2005)
- Dark Victory (1939)
- Dead Poets Society (1989)
- Dogville (2003)
- Erin Brokovich (2000)
- Few Good Men, A (1992)
- Insomnia (2002)
- Intimate Strangers (2004, France)
- Kissing Jessica Stein (2002)
- Man of the Year (2006)
- Meet John Doe (1941)
- Mr. Smith Goes to Washington (1939)
- On the Waterfront (1954)
- Papillon (1973)
- Patch Adams (1998)
- Piano, The (1993, Australia)
Appendices

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

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

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) ΨΨΨΨΨ
Character (1998, Netherlands) ΨΨΨΨΨ
Chariots of Fire (1981) ΨΨΨΨΨΨ
Children of Heaven (1997, Iran) ΨΨΨΨΨ
Cinderella Man (2005) ΨΨΨΨΨ
City of Lost Children, The (1995, France) ΨΨΨΨΨ

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

Equus (1977) ΨΨΨΨΨ
Fame (1980) ΨΨΨΨΨ
Farther Than the Eye Can See (2003) ΨΨΨΨΨ

Fitzcarraldo (1982, Germany) ΨΨΨΨΨ
Flightplan (2005) ΨΨΨΨΨ
Forrest Gump (1994) ΨΨΨΨΨΨ
Gerry (2002) ΨΨΨΨΨ

Grapes of Wrath, The (1940) ΨΨΨΨΨΨΨ
Great Debaters, The (2007) ΨΨΨΨΨΨΨ

Hours, The (2002) ΨΨΨΨΨΨΨ
Island on Bird Street, The (2000) ΨΨΨΨΨΨΨ
Italian, The (2005, Russia) ΨΨΨΨΨΨΨ
Jonathan Livingston Seagull (1973) ΨΨΨΨΨΨΨ
Karate Kid, The (1984) ΨΨΨΨΨΨΨ

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) ΨΨΨΨΨ
Character (1998, Netherlands) ΨΨΨΨΨ
Chariots of Fire (1981) ΨΨΨΨΨΨ
Children of Heaven (1997, Iran) ΨΨΨΨΨ
Cinderella Man (2005) ΨΨΨΨΨ
City of Lost Children, The (1995, France) ΨΨΨΨΨΨ

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

Equus (1977) ΨΨΨΨΨ
Fame (1980) ΨΨΨΨΨ
Farther Than the Eye Can See (2003) ΨΨΨΨΨ

Fitzcarraldo (1982, Germany) ΨΨΨΨΨ
Flightplan (2005) ΨΨΨΨΨ
Forrest Gump (1994) ΨΨΨΨΨΨΨ
Gerry (2002) ΨΨΨΨΨ

Grapes of Wrath, The (1940) ΨΨΨΨΨΨΨ
Great Debaters, The (2007) ΨΨΨΨΨΨΨ

Hours, The (2002) ΨΨΨΨΨΨΨ
Island on Bird Street, The (2000) ΨΨΨΨΨΨΨ
Italian, The (2005, Russia) ΨΨΨΨΨΨΨ
Jonathan Livingston Seagull (1973) ΨΨΨΨΨΨΨ
Karate Kid, The (1984) ΨΨΨΨΨΨΨ

K-PAX (2001)

Lilja 4-Ever (2002, Sweden)

Maria, Full of Grace (2004, Columbia/U.S.)

Memento (2000)

Mighty Heart, A (2007)

Million Dollar Baby (2004)

Mountain Patrol (2004, China)

Mr. Smith Goes to Washington (1939)

Mrs. Miniver (1942)

Nobody Knows (2004, Japan)

Not One Less (1999, China)

October Sky (1999)

Old Well (1986, China)


Peaceful Warrior (2006)

Pianist, The (2002, France/Germany/U.K./Poland)

Pixote (1981, Brazil)

Pride of the Yankees, The (1942)


Rabbit-Proof Fence (2002, Australia)

Rain (2001, New Zealand)

Ratcatcher (1999)

Return, The (2003, Russia)

Rocky (1976)

Rocky Balboa (2006)

Rudy (1993)


Secret of Dr. Kildare, The (1939)

Sergeant York (1941)

Sounder (1972)

Spirit of St. Louis, The (1957)


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

To Live (1994, China/Hong Kong)

Touching the Void (2003)

Warm Springs (2005)

Whale Rider (2003, New Zealand)

White Oleander (2002)

HUMANITY: Love

2046 (2004, China)

3-Iron (2004, South Korea)

Across the Universe (2007)

Affair to Remember, An (1957)

Always (1989)

Anna Karenina (1948, U.K.)

Annie Hall (1977)

Atonement (2007)

Away from Her (2006, Canada)

Beaches (1988)

Beautiful Mind, A (2001)

Before Sunrise (1995)

Before Sunset (2004)


Brazll (1985, U.K.)

Breakfast at Tiffany’s (1961)

Bridges of Madison County, The (1995)


Casablanca (1942)

Central Station (1998, Brazil)

Changing Hearts (2002)

Cinderella (1950)

Cinema Paradiso (1988, Italy)

City Lights (1931)

City of Angels (1998)

Crash (2004)

Déjà vu (1997)

Don Juan DeMarco (1995)

Dopamine (2003)

Dr. Zhivago (1965)

Enchanted (2007)


Eros (2004, U.S./Italy/Hong Kong)

Feast of Love (2007)

Finding Forrester (2000)

Fisher King, The (1991)

Fountain, The (2006)


Ghost (1990)

Gone with the Wind (1939)
Happy Endings (2005) ΨΨΨΨ
Hired Heart, The (1997) ΨΨΨΨ
Holiday, The (2006) ΨΨΨΨ
Illusionist, The (2006) ΨΨΨΨ
Innocence (2000) ΨΨΨΨ
Iris (2001) ΨΨΨΨΨ
Italian for Beginners (2000, Denmark) ΨΨΨΨ
Junebug (2005) ΨΨΨΨ
Keeping Up with the Steins (2006) ΨΨΨΨ
Kid, The (1921) ΨΨΨΨΨΨ
Kolya (1996, Czech Republic) ΨΨΨΨΨ
Lake House, The (2006) ΨΨΨΨ
Lantana (2001, Australia) ΨΨΨΨ
Last Kiss, The (2006) ΨΨΨΨΨ
Life Is Beautiful (1997, Italy) ΨΨΨΨΨΨ
Like Water for Chocolate (1992, Mexico) ΨΨΨΨΨ
Lost in Translation (2003) ΨΨΨΨΨ
Love Actually (2003) ΨΨΨΨΨ
Map of the Human Heart (1993) ΨΨΨΨΨ
Midnight Cowboy (1969) ΨΨΨΨΨΨΨΨ
Monsieur Ibrahim (2003, France) ΨΨΨΨΨΨΨΨ
Monsoon Wedding (2001) ΨΨΨΨΨΨ
Monsters Ball (2001) ΨΨΨΨΨ
Mother Teresa (2003, Spain/U.K.) ΨΨΨΨΨΨΨΨ
Moulin Rouge (2001) ΨΨΨΨΨ
My Big Fat Greek Wedding (2002) ΨΨΨΨΨ
My First Mister (2001) ΨΨΨΨΨ
Namesake, The (2006, India/U.S.) ΨΨΨΨΨΨΨΨ
Never Again (2001) ΨΨΨΨΨ
New World, The (2005) ΨΨΨΨΨ
Oasis (2002, South Korea) ΨΨΨΨΨ
Officer and a Gentleman, An (1982) ΨΨΨΨΨΨΨΨ
OH in Ohio, The (2006) ΨΨΨΨΨ
On Golden Pond (1981) ΨΨΨΨΨΨΨΨ
Paris, I Love You (2006, France) ΨΨΨΨΨ
Passion Fish (1992) ΨΨΨΨΨ
Pauline and Paulette (2001, Belgium) ΨΨΨΨΨ
Perfect World, A (1993) ΨΨΨΨΨ
Postman, The (Il Postino, 1994, France) ΨΨΨΨΨΨΨΨ
Pretty Woman (1990) ΨΨΨΨΨΨΨΨ
Princess Bride, The (1987) ΨΨΨΨΨΨΨΨ
Reconstruction (2003, Denmark) ΨΨΨΨΨΨΨΨ
Reign Over Me (2007) ΨΨΨΨΨΨΨΨ
River Runs Through It, A (1992) ΨΨΨΨΨΨΨΨ
Road Home, The (1999, China) ΨΨΨΨΨΨΨΨ
Rocky Balboa (2006) ΨΨΨΨΨΨΨΨ
Roman Holiday (1953) ΨΨΨΨΨΨΨΨ
Romeo and Juliet (1968, U.K./Italy) ΨΨΨΨΨΨΨΨ
Secondhand Lions (2003) ΨΨΨΨΨΨΨΨ
Shakespeare in Love (1998) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Sherry Baby (2006) ΨΨΨΨΨΨΨΨ
Shopgirl (2005) ΨΨΨΨΨΨΨΨ
Short Film About Love, A (1988, Poland) ΨΨΨΨΨΨΨΨ
Sleeping Beauty (1959) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Sleepless in Seattle (1993) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Something’s Gotta Give (2003) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Somewhere in Time (1980) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Son of the Bride (2001, Argentina) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Sophie’s Choice (1982) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Spanglish (2004) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Steel Magnolias (1989) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Story of Us, The (1999) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Strawberry and Chocolate (1994, Cuba) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Taste of Others, The (2000, France) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Tea with Mussolini (1999, Italy) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Thelma and Louise (1991) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Thirteen (2003) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Three Colors: Red (1994, Poland) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Tiger and the Snow, The (2005, Italy) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Titanic (1997) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Toy Story (1995) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Truly Madly Deeply (1990) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Trust (1990) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Tuck Everlasting (2002) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Twin Sisters (2002, Netherlands) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Under the Sun (1998, Sweden) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Under the Tuscan Sun (2003) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
United 93 (2006) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Venus (2006, U.K.) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
West Side Story (1961) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
When Harry Met Sally (1989) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
What Dreams May Come (1998) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
Yesterday (2004, South Africa) ΨΨΨΨΨΨΨΨΨΨΨΨΨΨ
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) ΨΨΨΨΨ
As Good as It Gets (1997) ΨΨΨ
Babe; Babe: Pig in the City ΨΨΨΨ
Babette’s Feast (1987, Denmark) ΨΨΨΨ
Bagdad Café (1987, West Germany/U.S.) ΨΨΨΨ
Bear, The (1988, France) ΨΨΨ
Black Snake Moan (2006) ΨΨΨΨΨ
Blood Diamond (2006) ΨΨΨΨ
Charlie and the Chocolate Factory (2005) ΨΨΨΨ
Cherry Orchard, The (1999, Greece/Cyprus/France) ΨΨΨ
Chocolat (2000) ΨΨΨ
Christmas Carol, A (1984) ΨΨΨ
Cider House Rules (1999) ΨΨΨΨΨ
Cup, The (1999, Bhutan) ΨΨΨΨΨ
Equus (1977) ΨΨΨ
Family Man, The (2000) ΨΨΨΨ
Grand Canyon (1991) ΨΨΨΨ
Half Nelson (2006) ΨΨΨΨ
Harvey (1950) ΨΨΨ
How the Grinch Stole Christmas (2000) ΨΨΨΨ
It Could Happen to You (1994) ΨΨΨΨ
Manderlay (2005) ΨΨΨΨ
Meet John Doe (1941) ΨΨΨΨ
Miracle on 34th Street (1947) ΨΨΨΨ
Monsters Ball (2001) ΨΨΨΨ
Mostly Martha (2007) ΨΨΨΨ
Pay It Forward (2000) ΨΨΨΨΨΨ
Savages, The (2007) ΨΨΨΨ
Schindler’s List (1993) ΨΨΨΨΨΨ
Secret of Dr. Kildare, The (1939) ΨΨΨΨΨΨ
Sister Helen (2002) ΨΨΨΨΨ
Something Like Happiness (2005, Czech Republic) ΨΨΨΨΨ
Touching Wild Horses (2002, Canada) ΨΨΨΨΨ

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

HUMANITY: Social Intelligence
(emotional, personal intelligence)

African Queen, The (1951) ΨΨΨΨΨΨ
Away from Her (2006, Canada) ΨΨΨΨΨΨ
Before Sunrise (1995) ΨΨΨΨΨΨ
Before Sunset (2004) ΨΨΨΨΨΨ
Breach (2007) ΨΨΨΨΨΨ
Children of a Lesser God (1986) ΨΨΨΨΨΨ
Coal Miner’s Daughter (1980) ΨΨΨΨΨΨ
Don’t Come Knocking (2005) ΨΨΨΨΨΨ
Driving Miss Daisy (1989) ΨΨΨΨΨΨ
Equilibrium (2002) ΨΨΨΨΨΨ
Erin Brockovich (2000) ΨΨΨΨΨΨ
Five Senses, The (1999) ΨΨΨΨΨΨ
Great New Wonderful, The (2005) ΨΨΨΨΨΨ
History of Violence, A (2005) ΨΨΨΨΨΨ
I, Robot (2004) ΨΨΨΨΨΨ
Juno (2007) ΨΨΨΨΨΨ
K-PAX (2001) ΨΨΨΨΨΨ
Nine Lives (2005) ΨΨΨΨΨΨ
Once (2006, Ireland) ΨΨΨΨΨΨ
Searching for Bobby Fischer (1993) ΨΨΨΨΨΨ

JUSTICE: Citizenship
(social responsibility, loyalty, teamwork)

Across the Universe (2007) ΨΨΨΨΨΨ
Bad News Bears, The (1976; 2005) ΨΨΨΨΨΨ
Batteries Not Included (1987) ΨΨΨΨΨΨ
Believe in Me (2006) ΨΨΨΨΨΨ
Best Years of Our Lives, The (1946) ΨΨΨΨΨΨΨ
Coach Carter (2005) ΨΨΨΨΨΨ
Cool Runnings (1993) ΨΨΨΨΨΨ

Positive Psychology at the Movies
Eight Below (2006) ΨΨΨ
Finding Nemo (2003) ΨΨΨΨ
Friday Night Lights (2004) ΨΨΨΨ
Game of Their Lives, The (2005) ΨΨΨ
Glory Road (2006) ΨΨΨ
Grapes of Wrath, The (1940) ΨΨΨΨΨ
Hotel Rwanda (2004) ΨΨΨΨΨ
In Good Company (2004) ΨΨΨ
Joyeux Noel (Merry Christmas) (2005) ΨΨΨΨΨ
L.A. Confidential (1997) ΨΨΨ
Lars and the Real Girl (2007) ΨΨΨPsi
League of Their Own, A (1992) ΨΨΨΨ
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
Million Dollar Baby (2004) ΨΨΨΨ
Miracle (2004) ΨΨΨΨΨ
Mr. Deeds Goes to Town (1936) ΨΨΨ
Opal Dream (2005) ΨΨΨ
Paper Clips (2004) ΨΨΨΨΨ
People Say I’m Crazy (2003) ΨΨΨΨΨ
Places in the Heart (1984) ΨΨΨΨΨ
Prairie Home Companion, A (2006) ΨΨΨΨΨ
Radio (2003) ΨΨΨ
Remember the Titans (2000) ΨΨΨΨΨ
Rookie, The (2002) ΨΨΨΨΨ
Sea Inside, The (2004, Spain) ΨΨΨΨΨ
Shrek; Shrek 2; Shrek the Third (2001; 2004; 2007) ΨΨΨΨΨ
Sisterhood of the Traveling Pants, The (2005) ΨΨΨΨΨ
Station Agent, The (2003) ΨΨΨΨΨΨ
Superman (1978) ΨΨΨΨΨ
Tell Me That You Love Me, Junie Moon (1970) ΨΨΨΨΨ
We Are Marshall (2006) ΨΨΨΨΨΨ
Winged Migration (2001, France) ΨΨΨΨΨΨ
Without a Trace (2002) ΨΨΨΨΨΨ
Yankee Doodle Dandy (1942) ΨΨΨΨΨΨ
Z (1969, Algeria/France) ΨΨΨΨΨΨ

JUSTICE: Fairness

12 Angry Men (1957) ΨΨΨΨΨΨ
Adventures of Robin Hood, The (1938) ΨΨΨΨΨΨ
Capote (2005) ΨΨΨΨΨΨ
Compulsion (1959) ΨΨΨΨΨΨ
Crimson Gold (2003, Iran) ΨΨΨΨΨΨ
Dead Man Walking (1995) ΨΨΨΨΨΨ
Defiant Ones, The (1958) ΨΨΨΨΨΨ
Do the Right Thing (1989) ΨΨΨΨΨΨ
Focus (2001) ΨΨΨΨΨΨ
Gandhi (1982) ΨΨΨΨΨΨ
Gentleman’s Agreement (1947) ΨΨΨΨΨΨ
Guess Who’s Coming to Dinner (1967) ΨΨΨΨΨΨ
In the Heat of the Night (1967) ΨΨΨΨΨΨ
Last Wave, The (1977, Australia) ΨΨΨΨΨΨ
Mighty Times: The Legacy of Rosa Parks (2002) ΨΨΨΨΨΨ
Motorcycle Diaries (2004, Argentina) ΨΨΨΨΨΨ
Music Within (2007) ΨΨΨΨΨΨ
Norma Rae (1979) ΨΨΨΨΨΨΨΨΨΨ
Philadelphia (1993) ΨΨΨΨΨΨΨΨΨΨ
Robin Hood: Prince of Thieves (1991) ΨΨΨΨΨΨΨΨΨΨ
Serpico (1973) ΨΨΨΨΨΨΨΨΨΨ
Shane (1953) ΨΨΨΨΨΨΨΨΨΨ
Sullivan’s Travels (1941) ΨΨΨΨΨΨΨΨΨΨ
To Kill a Mockingbird (1962) ΨΨΨΨΨΨΨΨΨΨ
V for Vendetta (2005) ΨΨΨΨΨΨΨΨΨΨ
Working Girl (1988) ΨΨΨΨΨΨΨΨΨΨ
**JUSTICE: Leadership**

*Amazing Grace* (2006)  
*Apollo 13* (1995)  
*Ben-Hur* (1959)  
*Braveheart* (1995)  
*City of God* (2002, Brazil)  
*Dances with Wolves* (1990)  
*Darfur Now* (2007)  
*Evita* (1996)  
*Gandhi* (1982)  
*Gladiator* (2000)  
*Glory* (1989)  
*Gunga Din* (1939)  
*Henry V* (1989)  
*High Noon* (1952)  
*Kundun* (1997)  
*Last King of Scotland, The* (2006)  
*Lawrence of Arabia* (1962)  
*Lion King, The* (1994)  
*Little Buddha* (1993, France)  
*Man for All Seasons, A* (1966)  
*Mr. Smith Goes to Washington* (1939)  
*Norma Rae* (1979)  
*Paths of Glory* (1957)  
*Prize Winner of Defiance Ohio* (2005)  
*Seven Samurai* (1954, Japan)  
*Sixth Sense, The* (1999)  
*Spartacus* (1960)  
*Twelve O’Clock High* (1949)  
*Cry, the Beloved Country* (1995, South Africa/U.S.)  
*Dead Man Walking* (1995)  
*Diary of a Mad Black Woman* (2005)  
*Flatliners* (1990)  
*Kite Runner, The* (2007)  
*Mother Ghost* (2002)  
*No Man’s Land* (2002, Bosnia-Herzegovina)  
*Noel* (2004)  
*Ordinary People* (1980)  
*Queen Margot* (1994, France)  
*Regret to Inform* (1998)  
*Squid and the Whale, The* (2005)  
*Strait Story, The* (1999)  
*Tender Mercies* (1983)  
*Terms of Endearment* (1983)  
*Volver* (2006)  
*World Traveler* (2001)  

**TEMPERANCE: Humility and Modesty**

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

**TEMPERANCE: Forgiveness and Mercy**

*Angela’s Ashes* (1999)  
*City of No Limits, The* (2002, Spain)  
*Crossing Guard, The* (1995)  
*Cry, the Beloved Country* (1995, South Africa/U.S.)  
*Dead Man Walking* (1995)  
*Diary of a Mad Black Woman* (2005)  
*Flatliners* (1990)  
*Kite Runner, The* (2007)  
*Mother Ghost* (2002)  
*No Man’s Land* (2002, Bosnia-Herzegovina)  
*Noel* (2004)  
*Ordinary People* (1980)  
*Queen Margot* (1994, France)  
*Regret to Inform* (1998)  
*Squid and the Whale, The* (2005)  
*Strait Story, The* (1999)  
*Tender Mercies* (1983)  
*Terms of Endearment* (1983)  
*Volver* (2006)  
*World Traveler* (2001)
My Super Ex-Girlfriend (2006) ΨΨΨΨ
Peaceful Warrior (2006) ΨΨΨΨ
Rain Man (1988) ΨΨΨΨ
Ringer, The (2005) ΨΨΨΨ
Seven Years in Tibet (1997) ΨΨΨΨ
Son of the Bride (2001, Argentina) ΨΨΨΨΨ
Spider-Man (2002; 2004; 2007) ΨΨΨΨΨ
Tiger and the Snow, The (2005, Italy) ΨΨΨΨΨ
Truman Show, The (1998) ΨΨΨΨΨ
Unbreakable (2000) ΨΨΨΨΨ

TEMPERANCE: Prudence

As Good as It Gets (1997) ΨΨΨΨ
Danny Deckchair (2003) ΨΨΨΨ
Day the Earth Stood Still, The (1951) ΨΨΨΨΨ
Driving Miss Daisy (1989) ΨΨΨΨΨ
Not One Less (1999, China) ΨΨΨΨΨ
Queen, The (2006, U.K.) ΨΨΨΨΨΨ
Road Home, The (1999, China) ΨΨΨΨΨ
Sense and Sensibility (1995) ΨΨΨΨΨ
Shawshank Redemption, The (1994) ΨΨΨΨΨ
Story of the Weeping Camel, The (2004, Mongolia) ΨΨΨΨΨΨ

TEMPERANCE: Self-Regulation
(self-control)

Be Cool (2005) ΨΨΨΨ
Birdman of Alcatraz (1962) ΨΨΨΨΨ
Breaking Away (1979) ΨΨΨΨΨ
Bridge on the River Kwai, The (1957) ΨΨΨΨΨ
Brothers, The (2001) ΨΨΨΨ
Chorus, The (2004, France) ΨΨΨΨΨΨ
Forrest Gump (1994) ΨΨΨΨΨΨ

Klepto (2003) ΨΨΨΨ
Mad Hot Ballroom (2005) ΨΨΨΨΨΨ
Maltese Falcon, The (1941) ΨΨΨΨΨΨ
March of the Penguins (2005, France) ΨΨΨΨΨΨ
Maria Full of Grace (2004) ΨΨΨΨΨΨ
National Velvet (1944) ΨΨΨΨΨΨ
Paper Chase, The (1973) ΨΨΨΨΨΨ
Queen, The (2006, U.K.) ΨΨΨΨΨΨ
Snow Walker, The (2003, Canada) ΨΨΨΨΨΨ
Spring, Summer, Fall, Winter...and Spring (2003, South Korea) ΨΨΨΨΨΨ
Super Size Me (2004) ΨΨΨΨΨΨ
Syrian Bride, The (2004, Israel/France) ΨΨΨΨΨΨ
Warm Water Under a Red Bridge (2001, Japan) ΨΨΨΨΨΨ
Warrior, The (2001) ΨΨΨΨΨΨ

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

Amelie (2001, France) ΨΨΨΨΨΨ
American Beauty (1999) ΨΨΨΨΨΨ
America’s Heart and Soul (2004) ΨΨΨΨΨΨ
Baraka (1992) ΨΨΨΨΨΨ
Celestine Prophecy (2006) ΨΨΨΨΨΨ
Color of Paradise, The (1999, Iran) ΨΨΨΨΨΨ
Crouching Tiger, Hidden Dragon (2000, Taiwan) ΨΨΨΨΨΨ
Eldra (2002, U.K.) ΨΨΨΨΨΨ
Faraway, So Close! (1993, Germany) ΨΨΨΨΨΨ
Fearless (1993) ΨΨΨΨΨΨ
Genesis (2004, France/Italy) ΨΨΨΨΨΨ
Grizzly Man (2005) ΨΨΨΨΨΨ
Hero (2002, Hong Kong) ΨΨΨΨΨΨ
House of Flying Daggers (2004, China/Hong Kong) ΨΨΨΨΨΨ
Into Great Silence (2004, France/Germany) ΨΨΨΨΨΨ
It’s a Wonderful Life (1946) ΨΨΨΨΨΨ
King Kong (2005) ΨΨΨΨΨΨ
Microcosmos (1996, France) ΨΨΨΨΨΨ
My Life Without Me (2003, Spain/Canada)
Noi the Albino (2003, Iceland)
Out of Africa (1985)
Pauline and Paulette (2000, Belgium)
Tea with Mussolini (1999, Italy/U.K.)
Vertical Ray of the Sun, The (2000, Vietnam)
Waking Life (2001)
Wind Will Carry Us, The (1999, Iran)
Winged Migration (2002, France)
Wings of Desire (1987, West Germany)

TRANSCENDENCE: Gratitude

After Life (1998, Japan)
Amelie (2001, France)
Big Night (1996)
Click (2006)
Color Purple, The (1985)
Delivering Milo (2001)
Doctor, The (1991)
Eternal Sunshine of the Spotless Mind (2004)
Fearless (1993)
For One More Day (2007)
Fried Green Tomatoes (1991)
God Grew Tired of Us (2006)
Good Year, A (2006)
Groundhog Day (1993)
Harvey (1950)
It’s a Wonderful Life (1946)
New World, The (2005)
Rory O’Shea Was Here (2004)
SherryBaby (2006)
Willow Tree, The (2005, Iran)

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

16 Years of Alcohol (2003)
Antonia’s Line (1995, Netherlands)
Awakenings (1990)
Babe (1995)
Black Stallion, The (1979)
Boys Town (1938)
Cape of Good Hope (2004, South Africa)
Cast Away (1999)
Cinderella Man (2005)
Enchanted April (1992)
Eternity and a Day (1998, Greece/Germany)
Everything’s Coming My Way (2005)
Fiddler on the Roof (1971)
Freedom Writers (2007)
Hustle and Flow (2005)
In America (2003)
Joshua (2002)
Lilies of the Field (1963)
Lonesome Jim (2005)
Man Escaped, A (1956, France)
Miracle on 34th Street (1947)
Miracle Worker, The (1962)
Pelle the Conqueror (1987, Denmark)
Prize Winner of Defiance, Ohio, The (2005)
Raisin in the Sun, A (1961)
TRANSCENDENCE: Humor
(playfulness)

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

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

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

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

11'09”01 – September 11 (2002)
13 Conversations About One Thing (2001)
About Schmidt (2002)
Alice in Wonderland (1951)
America’s Heart and Soul (2004)
Apostle, The (1987)
Around the World in 80 Days (1956)
August Rush (2007)
Beauty and the Beast (1991)
Bee Season (2005)
Believer, The (2001)
Beloved (1998)
Bible, The (1966)
Big Kahuna, The (1999)
Box of Moonlight (1996)
Breakfast on Pluto (2005, Ireland)
Broken Flowers (2005)
Bruce Almighty (2002)
Children of Men (2006)
Contact (1997)
Conversations with God (2006)
Chronicles of Narnia: The Lion, the Witch, and the Wardrobe, The (2005)
Crime of Father Amaro, The (2002, Mexico)
Day Christ Died, The (1980)
Dead Poets Society (1989)
Don’t Come Knocking (2005)
<table>
<thead>
<tr>
<th>Positive Psychology at the Movies</th>
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<tbody>
<tr>
<td>Emmanuel’s Gift (2005)</td>
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<td>Employee of the Month (2006)</td>
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<td>Enlightenment Guaranteed (2000, Germany)</td>
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<td>Field of Dreams (1989)</td>
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<td>Francesco (1989, Italy)</td>
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<td>Francis of Assisi (1961)</td>
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<td>From the Manger to the Cross (1912)</td>
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<td>Gandhi (1982, U.K./India)</td>
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<td>God Is Great and I Am Not (2001, France)</td>
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<td>Godspell (1973)</td>
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<td>Golden Compass, The (2007)</td>
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<td>Gospel According to Saint Matthew, The (1964, Italy)</td>
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<td>Greatest Story Ever Told, The (1965)</td>
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<td>Happenstance (2000, France)</td>
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<td>Heaven (1986)</td>
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<td>Heaven’s Bookstore (2004, Japan)</td>
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<td>Holes (2003)</td>
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<td>I Heart Huckabees (2004)</td>
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<td>Ikiru (1952, Japan)</td>
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<td>Illusion (2004)</td>
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<td>Indiana Jones and the Last Crusade (1989)</td>
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<td>Indiana Jones and the Temple of Doom (1984)</td>
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<td>Indigo (2003)</td>
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<td>Into Great Silence (2006, France/Germany)</td>
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<td>Into the Wild (2007)</td>
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<td>James’ Journey to Jerusalem (2003, Israel)</td>
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<td>Jarhead (2005)</td>
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<td>Jesus (1979)</td>
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<td>Jesus Camp (2006)</td>
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<td>Jesus Christ Superstar (1973)</td>
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<td>Jesus Devant Pilate (1898, France)</td>
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<td>Jesus of Montreal (1989)</td>
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<td>Jesus of Nazareth (1977)</td>
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<td>Joe Versus the Volcano (1990)</td>
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<td>Johanna (2005, Hungary)</td>
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<td>Joshua (2002)</td>
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<td>Julie Walking Home (2002, Germany)</td>
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<td>King of Kings, The (1961)</td>
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<td>Kingdom of Heaven (2005)</td>
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<td>Kumbh Mela Stein (2004)</td>
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<td>Lagaan: Once Upon a Time in India (2001, India)</td>
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<td>Last Temptation of Christ, The (1988)</td>
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<td>Little Buddha (1993, France)</td>
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Sliding Doors (1998)
Spring, Summer, Fall, Winter...and Spring (2003, South Korea)
St. Francis of Assisi (1944, Mexico)
Stranger Than Fiction (2006)
Tao of Steve, The (2000)
Ten Commandments, The (1956)
Thumbsucker (2005)
Transamerica (2005)
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