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MOTIVATIONAL SPEAKER
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HE WAS A LIFE LESSON ON WHEELS

GO FAR

THE CHRISTOPHER RUSH STORY



A PARTICIPANT GUIDE FOR PERSONAL REFLECTION & DISCUSSION

INSPIRED BY CHRISTOPHER RUSH

WRITTEN BY JASON BARGER

www.gofarmovie.com

GO FAR

GOALS

Setting Them Is What Makes Life Worthwhile

Be willing to accept that your ultimate goals may only be achievable through a series of smaller ones.

OBSTACLES

Recognize and Face Them

Let those that you can overcome motivate you.

Let those that you must circumvent inspire you.

FOCUS

Prioritize and Plan Your Approach

It may be best to attack one obstacle at a time. Patience may be required.

ACT

Assert Yourself

This is the most important element. It is also the most difficult.

Don't be afraid to ask for help. It often requires more courage than acting alone.

REVIEW

Learn from the Experience

Ask yourself if you would do anything differently given a second chance.



WELCOME!

Thank you for joining this journey to spread the Christopher Rush story and message around the world. We believe it is a message that needs to be shared and one that creates positive ripples wherever it travels.

We hope the film and your personal reflections will not only stay with you but also get shared with the people and groups that are most important in your life. We know that Christopher's dream of spreading the GO FAR concept far and wide can only happen because of people like you. We can't do it alone so we thank you for sharing it along your path.

GOOD LUCK AND GO FAR!

Sincerely,

Zack Arnold
Film Director

Jason Barger
Author & Contributor

INTRODUCTION

The powerful documentary *GO FAR: The Christopher Rush Story*, a film by Zack Arnold, is an inspiring look into the life of Christopher Rush, a quadriplegic and former national ambassador for the Muscular Dystrophy Association (1983-84). It is a story about how we see the world. It is about the human experience of dealing with differences and making sense of our personal disabilities, and more importantly, our capabilities. Christopher Rush invited everyone to see their lives differently and motivated others to take action in the world. We created this *Participant Guide for Personal Reflection & Discussion* to carry the messages and spirit of the film beyond your viewing. Just as Christopher desired, we want each individual to take time to reflect on their own life and enter into discussion with others about how to GO FAR. This guide is written in a style that is accessible to a wide audience and to be used as a valuable resource for individuals, schools, parents, discussion groups, organizations, or those looking to approach their obstacles with new eyes.



A person is shown underwater, wearing a full scuba diving suit. They are wearing a white t-shirt, light-colored shorts, and a black BCD (Buoyancy Control Device) with a yellow stripe. They have a scuba mask on their face and are holding a regulator in their right hand. The background is a deep blue, murky underwater environment with some light filtering through. The person is positioned centrally in the frame, facing the camera.

“EVERYONE HAS A DISABILITY.”

- Christopher Rush

How Do I Use This Guide?

You will notice this *Participant Guide* is set up for you to capture your own *Personal Reflections* on the film first and then provides *Discussion Questions* for you to carry those thoughts into a meaningful group discussion.

There are many ways to leverage this guide as a valuable resource. Most commonly:

- **Individual Reflection** — Use this guide as your own personal journal to reflect on the ways the themes in the movie connect with your life. The GO FAR framework is a powerful tool to help organize your thoughts around the positive changes you hope to lead in your own life.
- **Small Group Discussion** — Combine your personal reflection with profound discussion with others. Use the guide to help stimulate powerful conversations so your group is able to support one another and gain the insights of others.
- **Organizational Development** — Carry the messages of the film beyond your personal reflection and your own sphere of influence to impact positive organizational dialogue. Whether it's with your school, your organization, your church, or your business, use this guide as a roadmap for healthy development of your culture. For more resources or to support this effort, contact us to allow us to support you in the roll-out of a more extensive program.

We hope this guide provides structure and a compelling framework to impact learning within your own life and with the groups you intersect with every day!

Just follow these simple steps to begin:

1. **Watch the film!**
2. **Complete the questions in the *Personal Reflection* section. Take 20-30 minutes to capture your thoughts onto paper.**
3. **Grab a group to discuss the film and use the Discussion Questions in the back of this guide to prompt conversation.**
4. **Set a date that you will check back in to Review using the GO FAR framework.**

PERSONAL REFLECTION

capture your thoughts on paper

How are you feeling after viewing the GO FAR film?

Which scene, line, or part of the story had the biggest impact on you? Why?

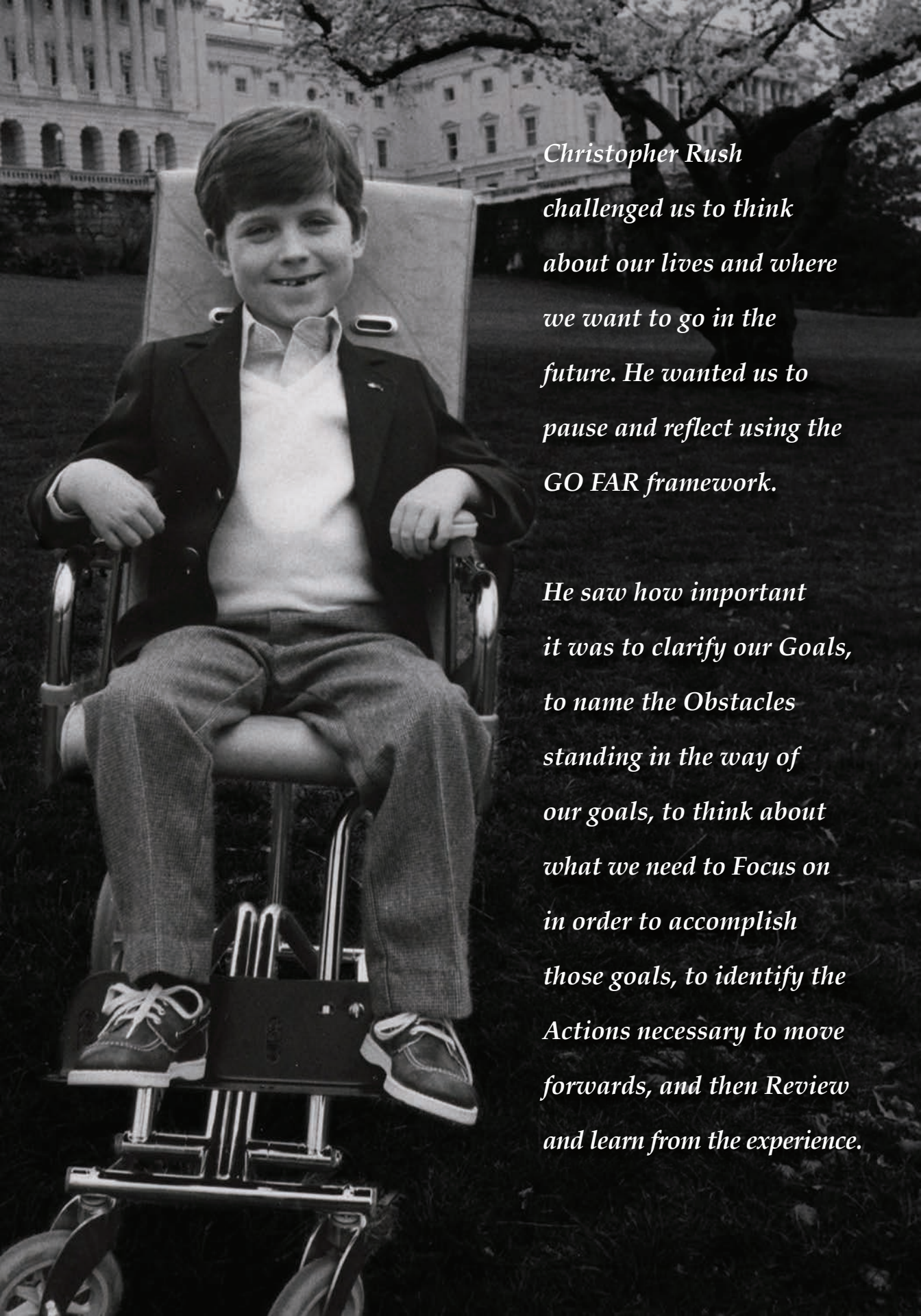
Who is someone in your own life that could use support and encouragement?
How could you help them as they approach their obstacles?

PERSONAL REFLECTION *cont.*

What are your greatest capabilities (strengths, gifts, talents)?

Christopher reminded us that we all have disabilities. Some are just more obvious than others. In what ways do you have a disability that challenges you?

Who are the people who support you, encourage you, and help you in your life?



*Christopher Rush
challenged us to think
about our lives and where
we want to go in the
future. He wanted us to
pause and reflect using the
GO FAR framework.*

*He saw how important
it was to clarify our Goals,
to name the Obstacles
standing in the way of
our goals, to think about
what we need to Focus on
in order to accomplish
those goals, to identify the
Actions necessary to move
forwards, and then Review
and learn from the experience.*

GOALS: SETTING THEM IS WHAT MAKES LIFE WORTHWHILE

- Consider both primary and secondary objectives
- Be willing to accept that your ultimate goals may be achievable only through a series of smaller ones. (*Example: you have to get to medical school before you can become a doctor.*)

What are your primary Goals for the year ahead?

Are there secondary goals or objectives that you need to consider?

OBSTACLES: RECOGNIZE AND FACE THEM

- No goal would be worth achieving if it were easy, so obstacles are inherent in goal setting.
- Try to distinguish between those obstacles that you can overcome and those which you must circumvent.
 1. Let those that you can overcome motivate you.
 2. Let those that you must circumvent inspire you.

What are the current obstacles that you are facing?

Which are ones that you can overcome?

Are there obstacles that you need to circumvent or bypass?

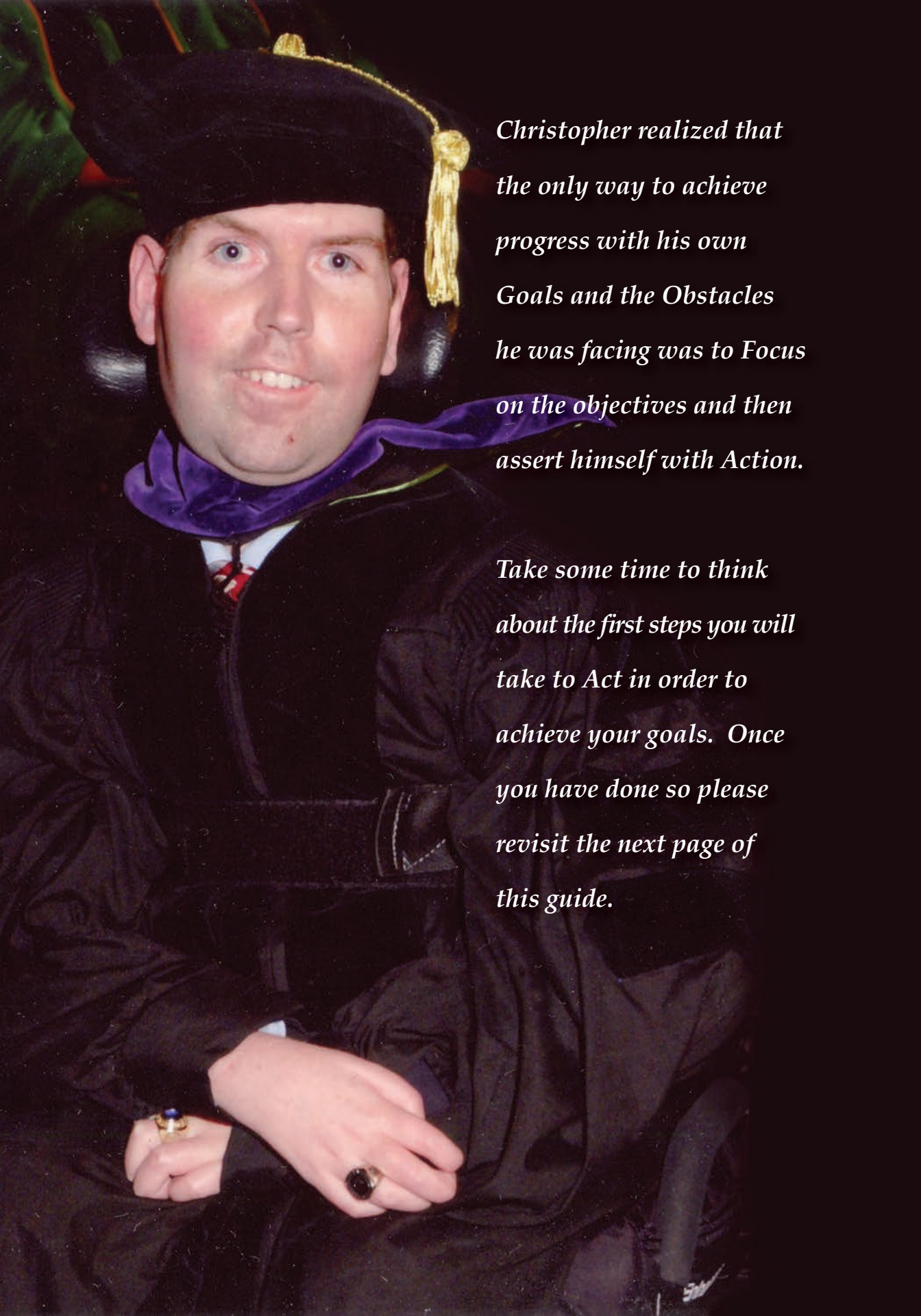
FOCUS: PRIORITIZE AND PLAN YOUR APPROACH

- Be fair to yourself. There is a delicate balance between setting high goals and setting yourself up for disappointment. It may be best to attack one obstacle at a time.
 1. Again, patience may be required. Smaller goals and less formidable obstacles may have to come first.
 2. Keep in mind that achievement may be measured in layers.

Which of your goals is the first and highest priority? What needs your focus first?

How would you rank your goals in terms of priority level (highest to lowest)?

What timeline would you give yourself to focus on these goals?



*Christopher realized that
the only way to achieve
progress with his own
Goals and the Obstacles
he was facing was to Focus
on the objectives and then
assert himself with Action.*

*Take some time to think
about the first steps you will
take to Act in order to
achieve your goals. Once
you have done so please
revisit the next page of
this guide.*

ACT: YOURSELF

- This is the most basic but most important element. It is also the most difficult.
- Recognize that these two underlined words almost always go hand in hand.
Accomplishing something important necessarily entails surmounting something difficult.
- When acting alone is insufficient or impossible, don't be afraid to ask for help. In fact, asking for help often requires more courage than acting alone.

What are the first actions needed to work on your highest priority level?

What actions will you commit to doing this week?

This month?

This Year?

Set a date for when you will commit to looking back at this Participant Guide to review your progress towards the goals outlined in this guide.

My Date To Review This Plan Is _____

REVIEW: WHATEVER THE RESULTS, LEARN FROM THE EXPERIENCE

- Results may vary, but they always do offer a reason.
- Ask yourself if you would do anything differently, given a second chance.
- Do your goals remain the same? Is there reason or room for adjustment?

Where have you been effective in accomplishing your goals?

In what ways did you fall short of your goals?

What did you learn from the process of trying to accomplish these goals?

Do you now have new goals? If so, what are they? If not, why?

DISCUSSION QUESTIONS FOR GROUP CONVERSATIONS

Share insights with those around you

Prior to launching into discussion about the film, have each group member take a few minutes for their own Personal Reflection and fill out the questions in the previous section. This will deepen the experience and allow for more fruitful conversation. Once each group member has captured their own individual thoughts, now they are ready to discuss them as a group!

Reminders for the group leader / facilitator:

- **Think About Your Audience** — take a moment to acknowledge to yourself what type of group this is and what the purpose of this discussion might be. For groups with different ages, take a moment to reflect on where they might be in life.
- **Appreciate The Sensitivity Of Others** — remember that the topic of disabilities can be a sensitive topic for people around your circle in different ways than you can always imagine. Some may have disabilities in ways you cannot see, some may have close friends or siblings with particular challenges, or they may be a parent of a child with disabilities.
- **Facilitate The Conversation, Don't Dominate** — the best small group discussions allow for all to participate. If you ask a question and there is silence at first, that's okay, they are probably just thinking. Leave room for all to join in and share in the discussion.

SOME GROUP DISCUSSION QUESTIONS:

- What were your immediate feelings after viewing the film?
- What amazed you most about Christopher Rush?
- What do you think is the most challenging obstacle for someone who has a significant physical disability? A mental disability?
- Christopher's support from his family and friends was phenomenal. What characteristics did you notice about the ways they cared and supported him?
- In what ways could you be more caring and supportive to those around you?
- What are capabilities (strengths, gifts, talents) that you have that you sometimes take for granted?
- Christopher routinely said that everyone has a disability and that some people's disabilities are just more obvious than others. What disabilities or challenges do you have that others may not know about?
- Why do you think we give so much more energy and focus to the things we think we cannot do rather than the things we can do? Do you have any good examples from your life?
- Share the GO FAR answers you wrote on the previous pages that identify the Goals, Obstacles, Focus, Actions and Review for your own life.
- What message from this movie do you want to share with the most important people in your life?
- Christopher said, "Sometimes life is a struggle, but I never give up." When in your life do you need to be reminded to never give up?



NEVER GIVE UP! CONTINUE TO BE INSPIRED AT
www.GoFarMovie.com