

# 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, fully equipped in a 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, a regulator in their mouth, and a tank on their back. They are holding a blue air hose. The background is a deep blue, murky underwater environment with some light filtering through.

“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?

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

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

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