



STORYBOARD: How To Do Big Things

Target Audience:

- Prospective clients of Czaja Training System

Seat Time:

- 4 minutes and 27 seconds

Summary:

- Bing made her dream of becoming an Ironman triathlon finisher come true! Based on her training and experience, Bing will share a framework for accomplishing any big goal.

Outline:

How to do big things:

1. Lock it in.
2. Get a coach.
3. Prioritize action.
4. Look for opportunity.
5. Be confident. Stay humble.

Learning Objectives:

- At the end of this video, learners will have a five step plan to get started on any big goal.

Software:

- Vyond Studio

Color Palette:



#27385C



#21A7CF



#D82935



#FEC30

Fonts:

- **Raleway Extra Bold:** titles and on screen text
- **League Gothic:** chapter slides
- **Coming Soon:** handwriting font

Characters:




Music Track:

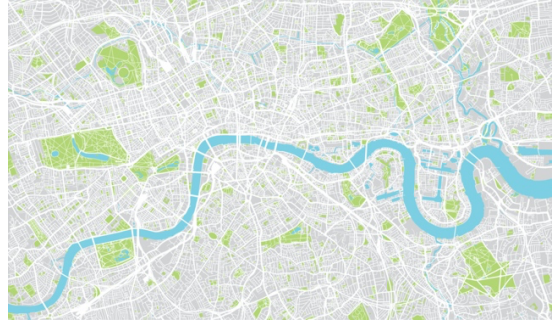
- 'Big World for a Minnow' by Trevor Kowalski


Voice Over:

- Wellsaid Labs


Scene 1			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:00]	<p>Music Track: 'Big World for a Minnow' Trevor Kowalski</p> <p>How to do big things.</p>	How to do big things.	 <p>Animated cloudscape with a red flag on a mountain top on a flat dark blue background</p>

Scene 2			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:03]	<p>Hi I'm Bing! I recently achieved a big goal! I became an Ironman!</p>	<p>I'm Bing. I'm an Ironman.</p>	<p>Two tone split screen</p> <p>Yellow rectangle on the left appears first Light blue rectangle on the right slides in second</p> <p>Bing waves & pumps her fists</p>


Scene 3			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:08]	An Ironman triathlon is an endurance event consisting of three sports completed consecutively with no breaks.	255 total miles	 <p>Image of a map</p> <p>Red pinpoint traces a path on the map</p>

Scene 4			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:14]	First there's a 2.4 mile swim, then a 112 mile bike ride, then a 26.2 mile marathon race to the finish line.	Ironman Triathlon 2.4 mile swim 112 mile bike 26.2 mile run	 <p>Three tone triptych describing each sport</p> <p>Left rectangle in yellow with swim goggles appears first</p> <p>Middle rectangle in light blue with a bike slides in second</p> <p>Right rectangle in dark blue with sneakers slides in third</p>

Scene 5			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:22]	In order to be called an Ironman- you must complete the event in under 16 hours.	16 Hour Time Limit	Bing runs and checks her watch against a light blue background with animated motion lines Three clocks spin time

Scene 6			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:28]	That's a lot, but I was determined to make that dream come true.		 <p>Three arrows speed through a flat light blue and yellow background to a red and white bullseye</p>


Scene 7			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:32]	Here's what I did to make it a reality and what you can do to achieve any big goal!		Bing speaking to the camera on a flat yellow background and holds a sign with a green check mark

Scene 8			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:37]	Number one. Lock it in.	1. Lock it in.	 <p>Red circle with number slides in first on a flat dark blue background</p> <p>Light blue ribbon with text slides in second</p>


Scene 9			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:40]	In the beginning we feel inspired and motivated. To ensure follow through, lock in that feeling by signing up for the event.	16 Hour Time Limit	Bing is at a desk working on a computer, computer screen flashing against an animated light blue pattern background

Scene 10			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:46]	If your goal is not an organized event, set a date		<p>Monthly calendar on flat dark blue background</p> <p>Circle and thumbtack appear to highlight a specific date</p>

Scene 11			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:50]	and make your own private milestone experience.	Go time!	Calendar showing a specific date on an animated yellow pattern background

Scene 12			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:53]	I signed up for the Ironman without knowing how exactly I would achieve it,		 <p>Bing facing the camera frowning and raising her arms in confusion on a light blue background with animated question marks</p>

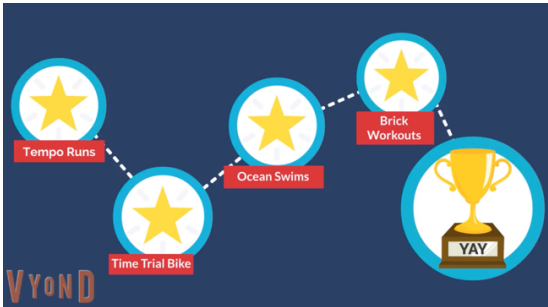
Scene 13			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[00:56]	but by locking it in and paying the \$700	Make an investment.	Hand holding money slides up against a flat dark blue background

Scene 14			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:00]	I was committing myself to follow through no matter what.	100%	 <p>Bing gives a thumbs up as percentages quickly roll from 0 to 100 while animated arrows rise up against an animated star backdrop</p>


Scene 15			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:03]	Putting something on the line like a significant investment of time and money keeps you more accountable and supplies a sense of urgency.		Bing on a light blue background jumping to reach for animated dangling carrots that hang from the top

Scene 16			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:09]	Number two. Get a coach.	2. Get a coach.	<p>Red circle with number slides in first on a flat dark blue background</p> <p>Light blue ribbon with text slides in second</p>

Scene 17			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:13]	especially if you want to accelerate your progress with expertise and advice.	Mindset Nutrition Training Plan Technique Data	Five arrows appear with text on an animated yellow cloudscape background

Scene 18			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:17]	A coach will show you how to get started and give you a detailed plan to follow so you can focus on the doing, rather than the researching and experimenting.	Tempo Runs Time Trial Bike Ocean Swims Brick Workouts Yay	 <p>Five circles with stars appear in sequence showing a roadmap to achieving a goal against a flat dark blue background</p>

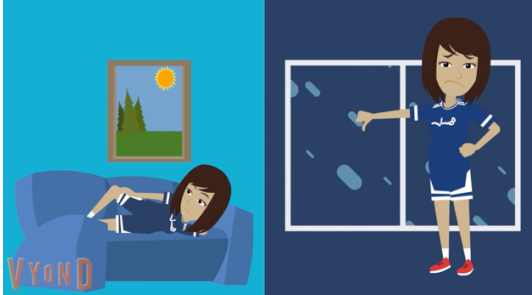
Scene 19			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:26]	My coach Kuba is a former Olympian who penned individualized daily	I'm Kuba! I'm an Olympian.	Two tone split screen Yellow rectangle on the left appears first Light blue rectangle on the right slides in second Kuba waves & points to himself with his thumb

Scene 20			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:29]	training plans to get me ready to finish the Ironman in just 4 months- what most say takes well over a year.	Ironman Training 2 hour swim 7 hour bike 5 hour run	 <p>A calculator, coffee, pen and some papers appear on a flat blue background with a handwritten Ironman training plan</p>

Scene 21			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:36]	Number three. Prioritize actions over emotions.	3. Prioritize action.	<p>Red circle with number slides in first on a flat dark blue background</p> <p>Light blue ribbon with text slides in second</p>


Scene 22			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:39]	So we have a plan and it's time to execute. Now we show up, consistently, following through no matter what.	4,000 m swim Interval run Bike climbs Planks & yoga 7 hour bike	Bing on a flat yellow background is pointing to a dark blue clipboard with a baton speaking directly to the camera

Scene 23			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:46]	Don't allow negative emotions or unfavorable circumstances to hinder your progress.		Bing on a flat light blue background frowning and scratching her head while sad face and crying emojis appear around her

Scene 24			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:51]	Ironman training is demanding. Often I was exhausted. Other times the weather wasn't perfect.		 <p>Two tone split screen</p> <p>Flat light blue background appears with Bing laying on the couch</p> <p>Flat dark blue rectangle appears on the right with Bing holding a thumbs down in front of a rainy window</p>


Scene 25			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:57]	But I had to complete my training plan for the day.		Bing sits up on the couch, stands up, and walks to the right of the screen against a flat light blue background

Scene 26			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[01:59]	Not feeling like it is not an excuse. Often times just getting started is the most difficult part.	Not feeling like it is not an excuse.	Red and white animated megaphone on a flat yellow background is producing orange lightning bolts


Scene 27			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:06]	So do it tired, in the pouring rain- you may be surprised at the rush you get from splashing through puddles.	Let's do this!	 <p>Bing runs across the screen against an animated rainy dark blue background</p>

Scene 28			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:12]	Number 4. Turn challenge into opportunity.	4. Look for opportunity.	<p>Red circle with number slides in first on a flat dark blue background</p> <p>Light blue ribbon with text slides in second</p>

Scene 29			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:15]	Inevitably, things really start to get hard. And not just I don't feel like it hard.	Expect challenge.	Three arrows animate down from the top on a flat dark blue background

Scene 30			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:20]	Real obstacles are present. Instead of dwelling on unfortunate circumstances,		 <p>Bing struggling to hold up a big rock on her shoulders against a flat two tone light blue background</p>

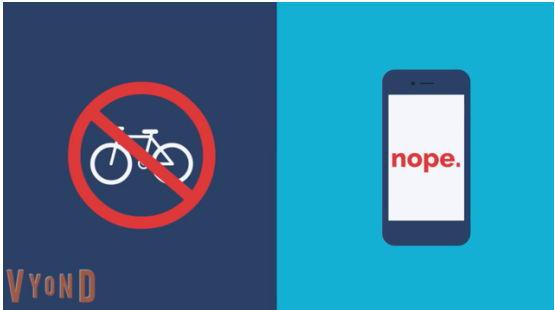
Scene 31			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:25]	train yourself to look for opportunities instead.		Bing facing the camera on a flat yellow background points to a lightbulb

Scene 32			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:28]	One of the biggest challenges I encountered was on my very first long distance bike ride.		 <p>Bing is riding a bike against a panning forest scene</p>

Scene 33			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:33]	Coach planned a beautiful 4 hour bike ride in the countryside.		A red line animates a path to a red pinpoint against the backdrop of a map

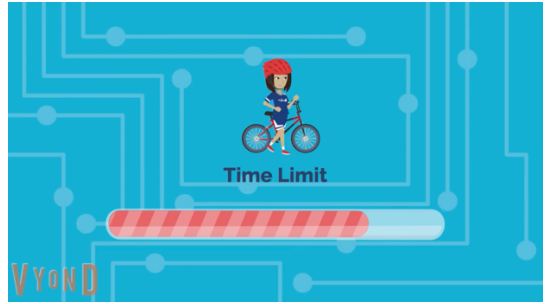
Scene 34			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:37]	About 18 miles in, and in the middle of nowhere, I got my very first flat tire. I didn't know how to change a tire yet,		Bing scratching her head and raising her arms in confusion as she looks at a flat tire against an animated pattern light blue background

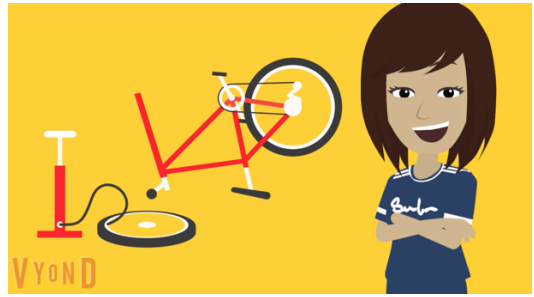
Scene 35			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:45]	so I thought I could take an uber or a bus back to the city.		Bing on a flat yellow background points to a car on the left and then to a bus on the right

Scene 36			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:48]	As it turns out, the bus didn't allow bicycles and uber didn't reach that far out.		 <p>Flat dark blue background appears with a no bicycle symbol followed by a flat light blue rectangle with a phone that says nope</p>

Scene 37			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:52]	So I used that inconvenience to practice a possible race day scenario.		Bing against a light blue background pounded her fist with resolve and animated gears appearing behind her

Scene 38			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[02:57]	What if on race day I got injured and couldn't run the marathon?		Bing against a flat yellow background worried looking at an animated band-aid pulsing with red lightning bolts

Scene 39			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:01]	I walked that 18 miles back as fast as I could to simulate the effort it would take to still finish the race under the 16 hour time limit.	Time Limit	 <p>Bing against an animated light blue background walking alongside her bicycle with an animated red progress bar advancing</p>


Scene 40			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:09]	And later that night I learned to change a tire.		 <p>Bing crosses her arms in front of an upside down bike against a flat yellow background</p>

Scene 41			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:13]	Number five. Be confident. Stay humble.		Red circle with number slides in first on a flat dark blue background Light blue ribbon with text slides in second

Scene 42			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:17]	It's here. Go time. If you followed through on your planned training, you can be confident you are		Big countdown starts from 8 down to 3 on a flat light blue background

Scene 43			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:23]	as prepared as you can be. At the same time,	Go time	Animated red alarm clock rings against a flat light blue background


Scene 44			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:25]	stay humble and respect the day.		Bing bowing with prayer hands against an orange lotus flower on a flat yellow background

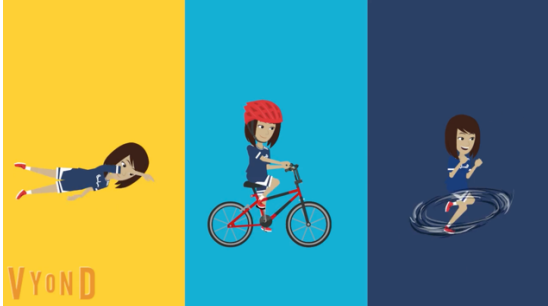
Scene 45			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:27]	I was ready for race day. At that point I knew that I could physically complete the distances, but the challenge for me		 <p>Bing appears against a flat light blue background first stretching, next shadow boxing, and last disco dancing</p>


Scene 46			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:33]	was to finish under the 16 hour time limit. To keep myself from becoming complacent on the course,	Cut off time: 11:00pm	A timeline appears on an animated yellow pattern background showing the time from 9pm to 1:00am. 11pm is highlighted in red with a red pinpoint.

Scene 47			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:39]	I wrote a mantra to focus on because the familiar reassurance of		Bing is at a desk working on a computer, computer screen flashing against a light blue background with animated stars


Scene 48			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:43]	'keep going' and 'don't give up' weren't going to be enough here.	"Keep going. Don't give up."	Text animates in white against a flat dark blue background and a red X mark appears to cross out the text

Scene 49			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:47]	Instead I repeated 'Keep pushing, don't let up' because I knew that in order to become an Ironman	"Keep PUSHING. Don't LET up."	 <p>Text animates against a flat yellow background with animated sparks around</p>

Scene 50			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:53]	I would have to go above and beyond, longer and faster than I've ever gone before.		 <p>Three tone triptych</p> <p>Left rectangle in flat yellow with Bing swimming appears first</p> <p>Middle rectangle in flat light blue with Bing riding a bike in second</p> <p>Right rectangle in flat dark blue with Bing sprinting in third</p>

Scene 51			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[03:59]	Becoming an Ironman is one of my proudest achievements. Through the experience, I proved to myself that I truly can do anything	Ironman Finisher	 <p>Bing is animated celebrating with a medal and trophies standing on a red ribbon against a flat light blue background</p>

Scene 52			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[04:07]	and now use this framework to accomplish other goals. I hope it helps you achieve your dreams!	Lock it in. Get a coach. Prioritize action. Look for opportunity. Be confident. Stay humble.	Text appears in order from the top down in white and grey ribbons next to a gold medal on the left against a flat dark blue background

Scene 53			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[04:13]	Because anything is possible. Music track ends.	Anything is possible.	 <p>Bing walks across a red banner and stands proud at the end against an animated sunburst yellow background.</p>

Scene 54			
Timestamp	Voice Over Script	On Screen Text	On Screen Graphics
[04:20]		Czaja Training System	White text appears on a flat dark blue background with a light blue and red stripe appearing below