

The Life List



BY SABRINA BORMAN
OPINION COPY/MODS EDITOR

The recent release of "The Life List," directed by Adam Brooks, has tugged at the heartstrings of many rom-com lovers, including myself. This story follows a girl named Alex (Sofia Carson) who was challenged to complete a list titled "The Life List" that she made in first grade. For motivation, every time Alex completed a task on the list, she would receive a DVD with a heartfelt video from her deceased mother. This film has the perfect balance of witty and serious moments, where the viewer gets to experience the grief she felt for her mother and the lightheartedness of the silly activities she had to complete on the list. Alex's love interest, Brad (Kyle Allen), starts as her friend, and they do not necessarily become romantic until the end of the movie. I actually enjoyed this because it really allowed me to see their entire relationship blossom. This movie

covered the topic of grief when it comes to a loved one, and I believe a lot of viewers who may have gone through something similar will resonate with the story and the way that Alex handles

the loss of her mother. Alex's response to her mother's will was very human; I feel like it showed that grief may cause one to act irrationally and that it is okay to be upset because it is simply a stage of healing. Overall, this movie has some very valuable lessons, as well as cheesy and passionate moments that keep the viewer hooked from beginning to end.

