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1. How and why was Phil trapped?

Phil, a famous reporter, at least it is what he thinks, was assigned to work at Punxsutawney for Groundhog Day festival, which he has to do every year and does not really happy about it because he thinks it is a low class job and is a shame to his career. After the festival, he tried to go back to his town but, unfortunately, he got stuck because of the blizzard, which he is very sure that it will not come until he goes back so, he has to just go back to a hotel and rest for a day.

After he got up, he surprisingly found himself at the festival day again and it kept happening over and over again. He did not know why what happened to him and tried many ways to get away from it. The reason from this can be safely assumed that, this situation wants him to be nice and know the true meaning of life which, he finally realized it at the end of the movie.

2. Is Groundhog Day a religious movie? Explain your answer.

I think it is, because it shows how important to live a life. It encourages anyone who sees this to be nicer, kind and moderate, which are the things that religion pays high regard about.

3. How would you characterize the phases that Phil goes through? What does he learn as a result of his experience?

He has gone through a lot of things, crime, clarity or even suicide, which gave him a better view of life than the life that he used to have, the goal he used to want to achieve, was not the thing he truly wanted.

4. How is Phil's journey related to Existentialism?

Phil knows that all the things that he did during his journey will be all reset by the next day so he realized how free and meaningful a life really is. The thing that he used to value the most was actually nothing and he learned that a true life is the life that he chooses to do what he wants but, also to have a responsibility for that too, which is what Existentialism philosophy is all about.

5. What would you do if you were trapped in a "Groundhog Day"?

I would do quite similar things to Phil because I want to do many bad or incestuous things but, I'm afraid of its consequences. The other thing that I will do is to go to the best restaurant that I could find and eat all night long. I would be worried if things do not reset.

6. What does your answer to the previous question say about your beliefs about the meaning of life?

I seeking for a fake ecstasy of life, the happiness of things that I can touch. Many people though of it as a fake and does not gives the highest happiness to a person but, I do not really care about that at all.