



THE WRONG PLAYLIST

A Comedy 1-Character Solo Monologue in Hinglish

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LOGLINE: A fitness instructor starts filming a motivational workout video, but her playlist shuffles to increasingly embarrassing songs from her private breakup playlist. As she tries to keep her professional energy alive, she accidentally turns the bloopers reel into the most relatable workout content on the internet.

CAST / CHARACTERS: FORMAT: 1-Character Solo Monologue (Single Actor) | Character: Aspirational Fitness Instructor (Female, 21-27)

LOCATION: A small home workout corner with a yoga mat, mirror, dumbbells, and a phone propped on a shelf. The lighting is clean and upbeat, with morning sunlight and a ring light creating a cheerful, social-media-ready feel.

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FADE IN:

INT. SMALL HOME WORKOUT CORNER - MORNING

Clean, upbeat morning sunlight cuts through the room. A ring light glows beside a PHONE PROPPED ON A SHELF. A yoga mat lies centered. Dumbbells, a water bottle, and a mirror complete the polished, social-media-ready setup.

Aspirational FITNESS INSTRUCTOR (female, 21-27), bright workout set, ponytail, sneakers, wireless earbuds, steps into frame with influencer-level confidence.

She checks her reflection in the mirror, inhales like she's about to change the world.

FITNESS INSTRUCTOR

Okay. Good morning, guys. Aaj ka workout... sirf workout nahi hai. Aaj ka workout hai mindset. Aaj ka workout hai energy. Aaj ka workout hai... main aur meri glow.

She smiles at the camera, taps her earbuds.

FITNESS INSTRUCTOR

Let's go.

She presses RECORD on the phone.

A beat starts. Soft. Sad. Way too emotional.

Her smile freezes for half a second.

FITNESS INSTRUCTOR

(under breath)

Haan... interesting.

She begins squats, trying to stay professional.

FITNESS INSTRUCTOR

First move, squat. Chest up. Core tight. And remember—consistency is key.

The song shifts. Now it's a full breakup anthem.

Her eyes widen.

FITNESS INSTRUCTOR

(still smiling to camera)

Consistency... is... very key.

She lunges, trying to ignore the music.

FITNESS INSTRUCTOR

Breathe in. Breathe out. Strong body. Strong mind. Strong... playlist, apparently?

She glances at the phone, but doesn't stop recording.

The next track hits: even more dramatic, heartbreak-heavy, almost cinematic.

FITNESS INSTRUCTOR

(deadpan)

Of course.

She does jumping jacks. The sad music keeps escalating.

FITNESS INSTRUCTOR

Cardio is about endurance. And today... emotional endurance bhi.

She stops for a second, places a hand on her chest.

FITNESS INSTRUCTOR

Okay, no. This is not my motivational mix. This is my breakup playlist.

A beat.

She looks straight into the camera, trying to recover.

FITNESS INSTRUCTOR

But it's fine. We stay focused. We stay polished. We stay—

The next song starts: absurdly cheesy, overdramatic, almost romantic.

She stares at the ceiling.

FITNESS INSTRUCTOR

Why is this song still in my life?

She picks up a dumbbell and starts bicep curls, but now she's fighting laughter.

FITNESS INSTRUCTOR

One. Two. Three. This is fine. This is totally fine.

The song gets more ridiculous.

She loses it—one tiny laugh, then another, then full laughter.

FITNESS INSTRUCTOR

Sorry. Sorry. I can't— I literally cannot take myself seriously right now.

She lowers the dumbbell, still laughing, and sits on the mat.

FITNESS INSTRUCTOR

Guys, real talk... kabhi kabhi workout se zyada life aapko warm-up karwati hai.

She looks at the phone, realizing the camera is still rolling.

FITNESS INSTRUCTOR

Oh my God, it's still recording.

She leans closer, half embarrassed, half amused.

FITNESS INSTRUCTOR

Toh haan... aaj ka set thoda emotional tha.
Another song begins. She instantly points at the phone.

FITNESS INSTRUCTOR

Nope. Is playlist ko therapy ki zarurat hai.
She reaches up, taps her earbuds, and stops the music.
Silence.

She watches the recording preview on the phone. Her own blooper reel plays back: the squats, the deadpan looks, the accidental laughter.

A smile spreads across her face.

FITNESS INSTRUCTOR

Okay... This is actually funny.
She stands, straightens her ponytail, regains her polished energy—now more real, less perfect.

FITNESS INSTRUCTOR

The wrong playlist... but maybe the right content.
She steps back onto the mat, squares herself to the camera.

FITNESS INSTRUCTOR

One more take. This time... no exes, only exercises.
She gives a confident wink.

CUT TO BLACK.

SUPER: THE WRONG PLAYLIST

FADE OUT.