

REALLY, TRULY Live out Your Dreams
[Action Packet]

Work Ethic

The following are 20 actions you can take today—just to get in action—to move your performing career forward. If you find yourself in a rut, feeling like there is absolutely nothing you can do to move your acting career forward, **pick an action below and get to it!**

- Read a new play
- Learn a new monologue
- Spend 30 minutes review the trades (*Backstage, Playbill, Variety, etc.*)
- Take a Casting Director Workshop ([Find resources here](#))
- Call an acting colleague and plan a date to an industry event
- Take New Headshots
- Look up auditions, set the date for one, prepare and go!
- Send a self-tape to a project you'd really like to be considered for
- Send a postcard with an update to a director you've worked with in the past
- Send a birthday or congratulatory card to a producer
- Watch a TV show, analyze, determine if show is good fit for you, and if so, look up the creators, casting directors, and begin a research file on CDs, writers, directors and producers
- Create your actor business card
- Attend a film festival and give business cards to any industry folk you meet
- Write a short film to feature you in the lead role
- Take an acting class
- Take an improve class
- [Hire an acting coach](#)
- Have lunch or coffee with someone in the industry who is a few steps ahead of you career-wise—ask if she or he would be willing to mentor you
- Research agents and managers and ask colleagues for referrals
- Begin working with an accountability partner

Discipline

So you've completed one or more actions under **Work Ethic**. Now what? Repeat the action or choose another action.

NEXT...



Establish a routine. This is where discipline comes in. Create Office Hours or Rehearsal Hours for yourself. Begin with just 30 minutes, so you can truly commit on a daily basis.

- 1.) Carve out 30 minutes a day dedicated to the growth of your performance career. These 30 minutes could be spent working on a monologue, looking for upcoming auditions, etc. The commitment to that time every day is what is important.
- 2.) Schedule that time and stick to it. This appointment with you is as important as a doctor's appointment or a trip to the gym.
- 3.) Create an action plan based on your current goal.
- 4.) Use the Weekly Action Plan to commit to specific actions each day.
- 5.) Work with an accountability partner to make sure you are keeping the commitment to yourself and your career.

Weekly Action Plan

My goal for the week is:

Monday	Time:	Planned Action:	Completed Action:
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Mindset of Determination & Tenacity

Okay, so **Determination & Tenacity** are words that excite me and motivate me to keep on keepin' on in this competitive, challenging industry.

But how about you...

How do you want to feel while in pursuit of your performance goals?

What excites you most about those goals?

Describe what your ideal career looks like 3 years from now. Where are you? What kinds of projects are you working on? Who are you working with? Be specific and imaginative.

Put this page in a place where you can see it while working on your weekly action plan during your office/rehearsal hours. Check in with it every so often, especially if you find yourself going down an old road of doubt and insecurity. It is in your committed daily actions where you will find your power and confidence!