



PILOT SEASON DOMINATION

THE MASTER CLASS

Pilot Season Domination – **Belief Shifter Action Guide**

Part 1 – Confidence Domination

What limiting beliefs or unsupportive thoughts do you have about your acting or your acting career?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

For each unsupportive thought, ask the Truth Triggers:

1. Is it true that _____?
2. Can I absolutely know that _____ is true?
3. How do I feel in my body when I think _____?
4. Who would I be without thinking _____?

Everything that brings up, are you willing to destroy and un-create it all and let it go? So BE it.



What limiting beliefs or unsupportive thoughts do you have about the entertainment business and you in the entertainment business?

- _____
- _____
- _____
- _____
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- _____
- _____
- _____
- _____
- _____

For each unsupportive thought, ask the Truth Triggers:

1. Is it true that _____ ?
2. Can I absolutely know that _____ is true?
3. How do I feel in my body when I think _____ ?
4. Who would I be without thinking _____ ?

Everything that brings up, are you willing to destroy and un-create it all and let it go? So BE it.



What limiting beliefs or unsupportive thoughts do you have about YOU?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

For each unsupportive thought, ask the Truth Triggers:

1. Is it true that _____ ?
2. Can I absolutely know that _____ is true?
3. How do I feel in my body when I think _____ ?
4. Who would I be without thinking _____ ?

Everything that brings up, are you willing to destroy and un-create it all and let it go? So BE it.

Go back and look at what you wrote. Highlight or star the top 2 in each category that leap out at you the loudest and then ask this question about each one:

Is This Mine or Someone Else's?

If it gets lighter, it wasn't yours! If it's still heavy, use this clearing:

Everywhere I've bought that as mine, I now destroy and un-create and let it go. So BE it.



Living in the Question - Fill in the Blanks

What would it take for _____ to show up?

What would it take for _____ to show up?

What would it take for _____ to show up?

What would it take for _____ to show up?

What would it take for _____ to turn out better than anything I could have imagined or planned?

What would it take for _____ to turn out better than anything I could have imagined or planned?

What would it take for _____ to turn out better than anything I could have imagined or planned?

What would it take for _____ to turn out better than anything I could have imagined or planned?

What are the infinite ways the Universe could gift me with _____?

What are the infinite ways the Universe could gift me with _____?

What are the infinite ways the Universe could gift me with _____?

What are the infinite ways the Universe could gift me with _____?



What would it take for _____ to change with total ease?

What would it take for _____ to change with total ease?

What would it take for _____ to change with total ease?

What would it take for _____ to change with total ease?

Here are some more questions to play with...

- What else is possible?
- How does it get even better than this?
- How did I get so lucky?
- Wouldn't it be fun for _____ to happen?
- What are the infinite possibilities for _____?

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