



unstoppable ACTOR

**NEXTLEVEL**

***What To Focus On  
In Your Acting  
Career **Now*****



**CHECKLIST**

# WHAT TO FOCUS ON IN YOUR ACTING CAREER NOW – BIG PICTURE OVERVIEW:

## **MIND**

- FOCUS ON CREATING THOUGHTS THAT WORK TO SUPPORT YOUR GOALS**

## **BODY**

- YOUR BODY IS YOUR INSTRUMENT FOR YOUR ART. YOU MUST CARE FOR IT.**

## **BUSINESS**

- TAKE ALIGNED ACTIONS IN ALL 3 PILLARS OF SUCCESS IN ACTING: CONNECTIONS, CONFIDENCE, CRAFT**

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# MIND



## **MIND – FEED IT**

**ADD:** Inspirational, uplifting, thought-shifting, vibe-raising content. Anything that helps you focus on creating alignment between your belief systems and your acting career goals

- Books
- Online Trainings, Webinars, Courses
- Audio Programs, Podcasts, Audio Books
- YouTube Videos from inspiring accounts
- Connecting with SUPPORTIVE family/friends
- Creative Non-acting activities/hobbies

**SUBTRACT:** Anything that makes you feel anxious and out of alignment with your creative self

- Limit **mindless** social media scrolling
- Limit (or eliminate) time with “Debbie downers”, dream stealers, unsupportive people and anyone who drains you

## **MIND – DECLUTTER IT**

Create space in the mind to allow you to tap into your higher self – the part of you that knows that your success is inevitable.

REMEMBER, EVERYTHING you do to feel good, get quiet in your mind, feel present and high vibe can DIRECTLY help your acting career.

Decluttering actions:

- Journaling
- Creating vision boards
- Meditation
- Spiritual practice of your choice
- Cleaning/organizing projects

### **NEXT LEVEL MEMBER RELATED RESOURCES**

Knowledge Bomb trainings:

- Season 1: Episode 5 (Jealousy)
- Season 1: episode 7 (Dream Stealers)

Spotlight Sessions:

- Season 1: Episode 8 (Mindset)
- Season 2: episode 12 (Mindset)

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# BODY



## **BODY**

Your body is your instrument for your art. You must care for it.

- Move it!**
  - Yoga, walking, dancing – whatever you enjoy and can do to move daily
  
- Nurture it!**
  - “Spa Day” at home (Pinterest for ideas)
  - Mani/pedi at home
  - Trade shoulder rubs with someone at home
  
- Feed it!**
  - Fuel your body with good nutrition
  - Eliminate mindless eating
  
- Rest it!**
  - Create a sleep routine
  - Decrease caffeine intake

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# BUSINESS



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## **BUSINESS – CONNECTIONS/CONFIDENCE/CRAFT**

Take aligned actions to move your acting career forward in all three of the key success areas

Since we covered the area of Confidence in the MIND section, we'll focus on CONNECTIONS and CRAFT next.

Start by taking “Inventory” of your acting career in these areas:

### **CONNECTIONS**

**RELATIONSHIPS/CONTACT BASE:** Remember, connections are the lifeblood of every successful acting career

- Evaluate your contact base (good and growing or needs some help?)
- Create a plan to nurture/expand your connections
- Create/update your target list of CDs, Producers, Directors, etc – people you'd like to work with or know
- How will you connect? (email, social media, other)
- Nurture existing contacts with a reach out message (How are you/Thinking about you/Can I help you, etc.)

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## MARKETING YOURSELF

**Branding** – Understanding how you're perceived by CDs and others in the business is key to getting more auditions and attracting the right kinds of roles for you

- Do you know your brand?
- Is your brand clearly defined and/or current?

## NEXT LEVEL MEMBER RELATED RESOURCES

Spotlight Sessions on branding:

- Season 1: Episode 1
- Season 2: Episode 6

**Headshots** – Are your headshots working (are they getting you auditions?)

- Do your headshots meet the criteria of an “Unstoppable Headshot” (great lighting, high contrast, negative space, pop of color, twinkle in your eye, etc.)? If not...
- Research headshot photographers

## NEXT LEVEL MEMBER RELATED RESOURCES

Spotlight Sessions on headshots:

- Season 1: Episode 2
- Season 2: Episode 3
- Season 3: Episode 2

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## Demo Reel/Clip Library

- Are your clips current, good enough, representative of your brand and/or your range?
- Does your demo need a re-edit?
- Do you have separate clips in an easy to find place (online profiles, website, IMDB)

## **NEXT LEVEL MEMBER RELATED RESOURCES**

### Spotlight Sessions on demo reels:

- Season 1: Episode 4
- Season 2: Episode 8

## Website

- Do you have a website?
- Does your website represent your brand effectively?
- Does it contain your most current marketing materials (headshot, demo, resume, clips, social media links)

## **NEXT LEVEL MEMBER RELATED RESOURCES**

### Spotlight Sessions on websites:

- Season 1: Episode 3
- Season 2: Episode 2

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**Social Media** – Done THE RIGHT WAY it can increase the amount of acting opportunities you get

- Is your profile “optimized” (Would YOU follow you?)
  - Rewrite/update your bio to express your passion, who you are and what a follower can expect (make it fun!)
  
- Are you having meaningful conversations with your target list on social media daily?
  - Make a target list
  - Comment, reply, share their posts
  - Reach out to people who “liked” your posts with a DM thanking them

## **FREE RELATED RESOURCE**

*The “Social Media Switch” free webclass to learn 3 surprising ways to use social media to get more auditions and get on the radar of the business (without self-promoting)*

- Register -> <https://amyjo.be/soc-med-free-class>

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## Self-Taping

- Is your set-up professional looking? If not, you may need to update any or all of the following:
  - Backdrop
  - Lighting
  - Audio
  - Framing

## **NEXT LEVEL MEMBER RELATED RESOURCES**

### Spotlight Sessions on self-taping:

- Season 1: Episode 5*
- Season 2: Episode 4*
- Season 3: Episode 3*

## Representation

- Do you have an agent or are you happy with your present agent? If not:
  - Make an agent hunt plan so you're prepared when the time is right.
  - Are your marketing materials in shape for your hunt? If not, review all the steps in the pages above BEFORE you proceed with your plan

## **NEXT LEVEL MEMBER RELATED RESOURCES**

### Knowledge Bomb training on nailing an agent meeting:

- Season 1: Episode 1*

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## **CRAFT**

Now is a great time to work on keeping your creative instrument tuned!

### **Take Online Classes or Coach Online**

- Acting, auditioning (large roles/small roles), audition coaching, scene study, stand-up, voice, etc.)

### **Get A “Workout Buddy”**

- Work online with a partner on scenes, auditions, monologues

### **Create Your Own Content**

- Screenplay, web series, monologue, stand up, one person show, YouTube content, TikTok videos

### **Read Scripts**

- Practice breaking down characters, finding goals, intentions, transitions, traps

## **NEXT LEVEL MEMBER RELATED RESOURCES**

Knowledge Bomb trainings:

- Season 1: Episode 3 (Transitions)

Spotlight Sessions on Audition prep:

- Season 2: Episode 1
- Season 2: Episode 7
- Season 3: Episode 1

## CLOSING THOUGHTS...

You can use this time to your advantage so that when the time is right, you'll hit the ground running in your acting career because:

- Your belief systems, thoughts and mindset will be in alignment with your goals (**CONFIDENCE**).
- Your acting career business will be organized, updated, branded and ready for action (**CONNECTIONS**).
- Your creative instrument will be finely tuned (**CRAFT**)...

In other words, you'll be in a perfect position to create momentum in your acting career.

Remember, as a Next Level member you have loads of resources in the members area to help you become an Unstoppable Actor – use them!

## NOT A NEXT LEVEL MEMBER?

Find out how to join us in the most badass, momentum-creating acting career program and community in the business:

<https://amyjo.be/next-level-actors>