



## Ep. 29 -Thank You, Actors – What You Teach Us All- Transcript

[\(00:02\):](#)

It's allowed me to be even more open about my identity in spaces that are not like trans dominated, but more in like CIS dominated. And it's been really nice to be able to know that like if I hop on a call and I need some guidance, I don't have to hide any aspect of myself. Like at all, I can just exist, which is not something that I feel often because often I feel the need to put on a mask of some sort, especially with my identity to digest and make it easier to digest for other CIS people.

[\(00:37\):](#)

Whether you're an actor, creator, butcher baker, or candlestick maker, if you believe that creatives can save the world, then you're in the right place. Hi, I'm Brian Patacca. And this is Brian Breaks Character where we slay the suffering artist myths. So you can attract the right attention, get out of your own way and become so aligned with your spiritual purpose, that abundance in all its glorious forms finds you each episode. We'll go behind the scenes with people who proudly walk the path, least taken inspiring activists, artists, creative folks, plus working actors and solopreneurs who will offer down and dirty advice. And lots of laughs all while sharing how to bring home the bacon and make a living and a life in a creative field. Brian breaks character is your new favorite. Listen, if you're done suffering for your art in second guessing every step of your yellow brick road.

[\(01:31\):](#)

Hey, so this episode comes out the day before Thanksgiving. So, you know, I'm going to have to talk about gratitude and we all know, I think most of the listeners here probably know that gratitude is a powerful force because it grounds us. It gives us a sense of who we are. It gives it connects us to humanity. All those, I don't want to say typical, but usual suspects. When we think about gratitude and I wanted to just shower you with gratitude. As one of our listeners, we over here at team, BKP pour our heart and soul into these episodes and we hope that they can move the dial on the stuff that you're thinking about in your life. But we also want to acknowledge that you have a lot of choices of podcasts to listen to when it comes to thinking about putting yourself out there, being creative, you know, managing your money and, and being an actor or being in this crazy show business game.

[\(02:20\):](#)

And we appreciate that you're here that you have subscribed or you've liked or reviewed, or you've stopped by for every single episode. Or this is your first one. Uh, it means the world to us that you're part of our world. And to know that you're listening, I'm going to shower lots of gratitude over to Natalie, who is the producer of this podcast. And she puts in so much love into every episode and she worries over the show notes and making sure we take great care of our guests and that our audience is going to understand what the episode is about. And so I want to also shower her with some gratitude in this episode. And today's episode is a little unusual for me. It's something I've never done before. We have three guests on this episode, all at once. It's a round table conversation with three very different actors, with three very different backgrounds, all different ages and how they've been making it through in their own career.

[\(03:09\):](#)

And the reason why I wanted to have them on is each one of them have taught me something about being a coach and about the business. And I think it's important for us to notice that the people alongside us in our journey are often there

to teach us lessons. And even though they've been my clients of some sort in a coaching fashion and in particularly inside of my actor operating system program. So I've gotten to know them over a, over a few years, actually they each through the journeys they've been on in the small steps, in big steps they've made in their own careers have taught me and the rest of this community, something. So I thought it would be really a cool way to kick us off into Thanksgiving with some life lessons and some career lessons that I'd like for them to share with you get ready for a little different episode here.

[\(03:53\)](#):

Again. I said, it's a round table. We're all on the mic at the same time. And without further ado, I cannot wait for you to meet Sharon, Alison and Matt let's do this. Okay, everybody, I am really excited that I'm doing something I've never done before. We have three actors with me today. And I just want to say happy Thanksgiving. This episode comes out the day before Thanksgiving. And I thought I would have on three actors whom I really admire who I've gotten to know over quite a few months. I'd say, Alison, I think we've been together for quite a while and Matt too, and Sharon over the past year or so. Right. And so I've got these three actors here because they have taught me a lot. And so I wanted this to be an episode where I'm just sharing what I've learned from these actors that I work with.

[\(04:31\)](#):

And I'm going to let them introduce themselves kinda one at a time, uh, so that you can get to know them better. And you can know a little bit more about their story. And I thought we would go alphabetical by first name for no good reason. So Alison, I'm going to just throw you in the hot seat first. Will you just kind of give everyone a little bit of background of, you know, where you're from, where you're at now, a little bit of what's going on in your career. And these are the same questions from Sharon and Matt. I'd love you to, to share so that we can jump in.

[\(04:57\)](#):

Um, Hey everybody, my name is Alison Stolpa. I'm originally from Minneapolis. I always wanted to be an actor, but I kind of fell away from that and got really involved in like music and music industry. And I was like, that's what I want to do. And then when I found out I was going to be moving to LA, I was like, you know, I think it's time to re-examine this dream that has been like silently burning inside of me. And I've been here for a while and doing the thing.

[\(05:28\)](#):

Wait, and I just want everyone to know. Cause you can't see Alison, Alison's like the coolest chick you've ever seen in your life. I think it's okay to say that. I'll just use the word chick. Like I just feel like if I was like, whoa, like I'm not cool enough to like, hang out with her. Like she's got the best like straight bangs and this black hair. And I always was coming back. I was like, look how cool she is. Like, Alison, do you feel as cool as we feel like when we're around you?

[\(05:50\)](#):

No, I just feel eternally like excited about everything.

[\(05:57\)](#):

Right. Okay. Got it. Got it. Good. Good. That, that is what I, I love that much more than a cool attitude. I would just say like Alison has styles

[\(06:04\)](#):

Describing very much. Yeah, for sure. Matt, welcome to the show. You introduce yourself to everybody a little bit. Yeah. Hi. Uh, my name's Matt pronouns. Are they them? And I'm made non-binary actor based in Los Angeles. I do a lot of

activism stuff and I also do a lot of film and TV stuff. I'm now recently like a podcast co-host with my roommates. So that's been dope. Wow.

[\(06:25\):](#)

I bet her back down. Maybe hand you the mic for awhile. Then you can take over today. Wait, so you have to plug your podcast, Matt. What's the podcast so we can all listen.

[\(06:34\):](#)

Oh yeah. The podcast is called into the studio, which is like the worst name for it because you can't Google it. Like it comes up with like a million different things, but it's called the studio. Our main focus is artists like music, artists and stuff. And we interview them and do lyric analysis and it's great.

[\(06:51\):](#)

Oh, I love that. I love that. Wait. And that we've known each other since you were in New York city. So we've had like a bi-coastal journey with your life in fact, isn't that right?

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Yeah. I started in New York city, uh, with film and TV acting. So that was like 14 ish. And then I moved to LA mid pandemic and August, 2020. Right.

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Remember that? Totally. Thank you so much for coming on the show today and Sharon last but not least. Thank you for being here.

[\(07:15\):](#)

Thank you for having me

[\(07:18\):](#)

So happy. You're here. Tell everybody a little about yourself. You guys wait, I just want everyone to know, like, isn't it, the moment when someone says, tell everyone about yourself, like I just want to applaud y'all's courage and bravery of like going forward at the beginning of this podcast. So just want to say that. So audience people out there just put yourself in their shoes for a second. If you're not somebody who's on podcasts often, like I think it's pretty awesome. So Sharon shared a little about yourself.

[\(07:40\):](#)

Okay. Well I'm an actor and a writer and I, I started out here for a couple of years. Then I went to Manhattan and was there for about 12 years. Uh, did a lot of stage work and Broadway and off-Broadway and then came back out here and started doing a lot of film and television. I've learned from Brian deer. What I've learned from you. I mean, honestly, I never knew this before, but one of the things that I got from you is why did I start this journey? Why and why am I still, I'm an actor for 40 gosh, 40 years. And what I found out from working with you is that when I was in high school, I wanted the lead in the musical, but I wasn't supposed to get it because I wasn't part of the sweet sixteens singing group. They wouldn't let me in because I had this really strong voice and I was ashamed about that.

[\(08:42\):](#)

And I thought I'm never going to get the lead. And I did all this work on the accent and I, you know, I did all this work and I said to God, if I get this, I will know that I'm supposed to do this for the rest of my life. And I have gone off track because, you know, I got hit in the job at one point on stage and had to stop for quite a few years as they put it back into place. And I wrote 16 children's books along the way, but I have always come back because this is my calling. And I learned that from you. I mean, I really got that from working with you.

[\(09:19\):](#)

Thank you, Sharon. That was a really beautiful way. You said that. And you know, part of what I think, you know, as I, as I take that, as I try to take that in, you know, I'm not good at taking things in, but it's the day before Thanksgiving on when this is going to be aired. So I'm going to try to be in the spirit of taking that in, is that sometimes I think, you know, my job is to help you just articulate. We already know to give you the language for it, because you knew when you were 16, that this is what you're meant to do, but then having the language to grab onto that. So in this conversation, tell you guys is going to be very round table. We're going to all chalk talk on top of each other and share with each other.

[\(09:48\):](#)

But I want, I'm just going to start out by kind of, I'm going to, I'm not always going to go in order, but right now I want to start out by some, taking you back to a moment when I was working with Alison. And we, you know, I've known all of you through the pandemic. At some point, we've spent some of the pen time together cause we've known each other for a while. Right. And the pandemic, first of all, can we just say that, like it was a rough time for a lot of us. And then also I will say there was a little bit, at least with some of you I experienced this, we got to hibernate or we got to experience a different way of thinking about putting ourselves out there because we didn't have to do it in the same. We weren't missing out. There was like some degree of like, oh, we're preparing. I don't know. Does that, I see Sharon nodding your head. Did you, how can you, how did that resonate for you? When I said that

[\(10:32\):](#)

It's one of those. Well, first of all, in 2019, one year before the pandemic hit us and we shut down, I was on life support from a mistake, from a routine operation. The doctor made a mistake. I was on life support for seven weeks.

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Oh my God. I didn't know that Sharon. Wow. When

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I woke up, I was on something called an ECMO machine. When I woke up, I couldn't walk. I couldn't swallow. I couldn't. And it took me the first year. So 2000 March, 2019 to March, 2020, uh, I was recuperating. I was on oxygen. I was in a wheelchair. I couldn't get out of bed for months. And I worked myself. It was very hard. And I have to say, I, you know, wasn't, there was times when I thought, why did you let me live? You should have, let me go. But anyway, blah, blah, blah. The thing is that now I forgot the question.

[\(11:32\):](#)

We were just talking about how it's great. Whenever the story you're telling is so powerful. And this is what we're talking about is just how 2020 kind of gave us this hibernation moment in some ways. Yeah.

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I needed at least another year to recuperate. And so being in the pandemic was like such a gift for me. It was such a gift because I was able to stay home and recuperate and not feel like, well, I can't get up for auditions. I can't do what I do. You know? So, uh, I was really grateful for it.

[\(12:01\):](#)

Yeah, Matt, you had something to say and Alison, I screwed up. I said you were gonna talk. I totally went all over the place. Sorry, Alison. So you can sit there at the ready, but we'll get you in a second. I guess we're in it now. It's happening? What were you going to say?

[\(12:12\):](#)

Basically? Like, I feel like this pandemic really forced me to get to know myself because I was forced to be with myself because I like pre pandemic. I was acting and doing PA work. So I was like busy, like 24 7. And so I never had time to like, you know, sit with my emotions, maybe some process, if you things. And then boom, pandemic happened, film industry shut down. And I was just left with myself. And that was an interesting journey because like I found out that like, I'm actually autistic, uh, got my diagnosis, uh, like saw a therapist, like put more energy to like healing mentally. And it's just, it's been a journey. And I, I feel like while the pandemics absolutely awful, in some ways in my life it's been so exponential to my growth as a person. And also that translates into my acting because now I'm like, oh, I'm more confident I can do things. Yay.

[\(13:08\):](#)

Wow. Yeah. And, and I can just to think about the, in that same year, like, and I think I'll move across the country while you were learning these big things about yourself is like,

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Yeah, it was so stressful because like when back in the one-on-one workshop where I saw you in February 20, 20 before the world ended, I was like, I, during that, I was like, okay, if I signed with an agent and manager, like I moved to LA, I'll just take that chance. And I signed with them on my flight home. And then of course in March, the pandemic happens. So I was like, okay, let's do this. Let's go.

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Yeah. And Alison, we started this whole thing. We were starting with you. And now we're back. W w how did, how did you experience some of this time of,

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Yeah. I'm like the point counterpoint. Cause I hated every moment of the pandemic.

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Yeah.

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I was lucky to keep my day job, but, but also that meant that I was working full time while everyone else was kind of hibernating and getting time to think about things and like writing their great American novel or whatever, and,

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Or they were kicking themselves because they weren't writing it. Let's just be real. So

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I was like, why aren't you finding time for this on top of working all the time and being stressed out all the time? I would also like to note that the R M a global pandemic has been my number one worst fear since I read a review of the hot zone at age nine. So personally affected that this was happening

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Also. And I also want to make sure our listeners, like we are not making light of something that was really big. We're finding our own personal journeys to what this was like for us, which I think is so vital to share here. So I, to make sure that we're not saying like pandemic, pandemic, no one is saying that here, as we're, we're saying this, just to give our listeners context, but each of us, while it pandemic was a group experience, each of us had our own individual stories within it, which is why, and this is not a pandemic episode, but the reason why I was coming to Alison is that during that time, I remember you feeling pretty crunchy at home and feeling pretty like I, and, and, and what I remember you taught, this is what I took away from that moment. Like we were talking about, if you remember the coaching, when you kind of brought this up, do you remember the conversation? Yeah.

[\(15:21\):](#)

'cause I feel like I brought it up once and then I just like, wanted to bring it up all the time. Cause I, I did not personally understand how people were thriving in it. Cause I was in such a bad place.

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And in your bad place, if I can speak for you, you'll get me right. If I get this wrong, but your blood place, it felt like, like, like I can't accomplish anything. I'm feeling a little bit lonely, but you weren't, I didn't. It's interesting. Cause I didn't experience you as sad. I experienced you as like, almost like a caged animal is the best way I could describe it. Like a caged animal can't flap, their wings or run or something like the way you would picture like an unhappy animal that is, is, you know, like th th does that relate to you at all? I'm sorry, I'm calling you an animal at a zoo right now. This,

[\(16:07\):](#)

I love my animals, so that's okay. No, that totally resonates with me now that you've said it. Like I remember at the time just feeling overwhelming sadness and like anger and also fear and frustration. And you know, not just for me, but for all the like tons of people out there who are getting sick and like the people I knew who were getting sick and their parents who are in the hospital and stuff. But yeah, I think caged animal is a very good synopsis. So the way

[\(16:39\):](#)

Wait. And so, and here's what I want to say. This is, so this is what I took away. This is what you really taught me. This is the Thanksgiving episode. This is why I want to thank you is through it. You know, you started to, I know you said you bring it up on every, you would bring it up on all of our coaching calls. And I was like, yes, because what I noticed in you was you were like, I'm willing to put one foot in front of another two consistently. Like you couldn't change the situation, but like change the way you were leaving. You were relating to it. And I think sometimes, especially in the world, we're in where we hold up the worldwide web in our phone. When's the last time you said the words worldwide web, right? When you hold the internet in your hand, right?

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We want a quick fix. And there was what Alison just showed me was I can take consistent action to relate to this differently. And it might change from week to week. And Alison, I might not be, this might not be the experience you were having. This is the way I observed it. So you can fix me up here if I got this wrong. But what I was just noticing was like, I remember we had this thing with the teacup where you were leaving a teacup out to like start your morning differently or to like have a moment when it wasn't work. And I don't remember, but to me it just landed so hugely, like we can relate to small parts of our lives differently and then it can change the whole day. You're not in your head. Can you just share, like, can you share a little more with the audience? Just kind of like what that meant to you?

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The teacup was to signify that my Workday was done because I was, you know, spending my entire day in an extremely small room. I feel like I'm actually still on that path now. It's kind of something that I've, I guess I realized, and now that I'm no longer necessarily stuck at home all the time, I feel like this has kind of like blossomed for me. And I've been able to kind of see it in a more positive way than a, like, this is my only option way, but I have been realizing like, you know, one step in front of the other, um, keep going and like maybe things aren't all going to like miraculously, all like rain down on me, just because I've been putting in the work. But like bit by bit, I'm getting closer to where I want to be. And I'm learning patience, which I never saw as a virtue.

[\(18:46\):](#)

Oh, I love the way you said that. And also because you know, some are not, I talked to some somewhere just in case for those of you listening, who haven't met summer yet, she's on like many of my podcasts episodes, but summer is my like happiness manager who helps with this community somewhere. And we're talking about each of you before I came to the call. Cause I was saying, here's what I feel like I observed. And what did you observe? So just so you know, you've been talked a lot about this week and someone was like, yeah, Alison really exhibited consistency that consistently saying, I'm going to show up, I'm going to take the little step and can you just cause our audience? I'm sure. It's super curious. Now just around the teacup and how that ritual worked just in case anybody wants to steal how that worked for you and what, how we set that up.

[\(19:22\):](#)

Yeah. So what we decided was I was going to choose like a special tea cup the year before, the year before like three months before the pandemic, I had gone to visit some friends in England and I had bought kind of as kind of, as a joke kind of, because I loved it a very like poorly made Megan Markle and prince Harry tea cup. And I was like, this is my specialty call.

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Their faces are on the outside. Yeah.

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It's like a grainy blurry photo of like their like wedding kiss. Yes. I bought it at the airport. Yes. It looks unlicensed, but they sold it at the airport. So somebody made it. Yeah. And so I would just have this ready and I would know like at 5:00 PM, the Workday is over. I can transition to doing something else and have a little bit more like structure and like maybe



it's time to meditate. Maybe it's time to like work on a creative project or something, but there's, there's a stop and a start to this period and uh, beginning to the next.

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And, and, and, and just as I'm taking that away from that too, is like so many of us need that. I don't know if Sharon and Matt, you relate to this, but like I'm in work mode. I'm at home. I'm in, I'm in be with my partner mode. I'm in, I'm in go grocery shopping mode. Wait, am I still in work mode? Cause my phone's in my hand, like it's very to make that distinction and have a physical action attached to it. I see you both nodding your head. Shannon. What did you want to say? Well, I just wanted to say

[\(20:47\)](#):

That I was there for a lot of Alison's talks during our, you know, our get togethers and it was very powerful. I mean, because we all sit there and, and really identify or somehow relate because we're all going through stuff like this and, and it, it's just very powerful to be there and to hear, oh, there's something we can do. I mean, another thing that I learned just a couple of weeks ago from Brian is I was overwhelmed and tired and he said, do a post it, one thing on the post it every day and then stick it on the wall. You should see my office. It's full of stickers and I am not overwhelmed anymore.

[\(21:35\)](#):

I'll just show it to you guys. So I taught a class, you know, yesterday, the day before called become offer only. And I like, so here's what I know. I'm just going to spill here. A little backstage pass for you guys is I was starting to make the class. As I looked at some slides on my, on my computer. And I was like, oh, I can steal some of this slide that I made before and did it. And that was, and then I would go like this, my brain is not working. What is like, it's not an experience I have very often. I was like, this is not. And I would walk, I can't walk away from the microphone, but I, I would like to show you that I would walk away from my computer and go, let's go over here. And I was like, am I tired?

[\(22:06\)](#):

What's wrong. I was like, what's wrong with me? Like, things were getting a little weird. I was like, let me go to a post-it note and write down what I want people to take away from class. And then I like six post-it notes. Now I know what I'm doing. And so it's, so it's such a simple trick, but the reason why the post-docs is because it's small, like you have, like, I can only write one thing. The other side of this door in my office right now. If you guys watch this on YouTube, you can see where I'm pointing right now. But if on the other side of this door is the post-it notes for how I figured it all out. Cause they stick to the door and they don't ruin the door. Right. Matt, do you relate to anything of what Alison's journey, how that worked for her? How that, even that, that kind of like a solution we came up with for her

[\(22:45\)](#):

Kind of, yeah. Like, especially if I'm confined into one space, it's hard for me to control my environment in a sense that like can transition from one thing to another, whether it's like doing work or like do whatever. Cause if it all just mashes together, I get extremely overwhelmed and then I don't do anything because I'm like, well, I might as well just lay on the floor for three hours instead of like, you know, doing what I need to do. So kind of, I kind of had like a thing where I set like almost like a loose schedule for myself because I don't do well with structure. My brain likes spontaneity, but if I have like a loose skeleton of how my day is supposed to be, then I, my brain is happy. I had like this thing where I would be



like, okay, so let's say I want to like work on monologues just for myself in the morning, do my meditation and all this, I would basically, cause I had in my bedroom back in New York led lights. So I would change them to each color for like what type of events that I was going to do. So I would use that and it was, it was a way to control my environment to be like slightly different. So my brain's like, I, yes, let me get that dopamine real quick and enough for me to just sit and be able to do what I wanted to do without overcrowding my brain and then just yeah.

[\(24:08\):](#)

Yeah. And what I really, what I really love about you said, and I hope that everyone can kind of take away what you said is by changing our environment, it can give us that switch. Right? I think that's a big takeaway that we can get from this. Like I used to have a rule for myself, which I've been breaking lately. I'll probably bring it back, which is at 6:00 PM. I'm no longer allowed to be in front of the big computer. Like if I want to do a little bit of work, I must be on my laptop because my laptop gets frustrating for me at a certain point because I'm usually on a bigger computer. And so that way I know I won't work for very long. So after six o'clock, if you're going to get work done, you've got to go to the laptop because then you won't work on it for very long. Right? So like that was a trick for me. But also I have a client who once she's, she wasn't, she lives in a studio. This is actually from a while ago, she was in a studio with her boyfriend and they both were actors and they both are writers and they're living there, like just really put yourself there for a second. Can you just really think about that? And they had a rule that when any one of them had a baseball hat on you can't talk to them.

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So that like I'm in the kitchen table with a baseball hat on it's no talking time. It's not like make a gesture. Like, do you want a cup of coffee? Like nothing. Like it is, it is no talking to time. And what I took away from that, as I could relate to my work, that way the distractions are not always a human being, but the distraction is 16 tabs open on your computer or the distraction is, you know, having your phone near your computer or whatever, like just making that kind of boundary. So Matt kind of coming over to you, we talked about this beforehand. I want to let the audience know that I talked about Matt. So we had permission to talk about this is that you are one of the first trans people that I knew of inside of my community, not the only one, but one of the first people.

[\(25:38\):](#)

Right. And I would say, I would, I don't know. That would describe me as outspoken, but as an activist, it's something that you would bring up on our calls and you could see the entire community like lean in and want so much to understand more, which is not your job, Matt. I want to make sure we acknowledge that. Right. But that, that experience without making it like a spectacle, right. And I don't, I don't wanna make it about some kind of spectacle moment, but it let it, let me know how much hunger there is for understanding and your willingness to share with us, like your experience on set. And like, there was this beautiful moment where I'm going to spill here a little bit. You tell me if this is, if you want to take the mic at any point, you let me know. But there was a moment where you're talking about being on set and sharing what your pronouns are and then having someone screw them up.

[\(26:25\):](#)

And you're like, I don't want to be a Dick though. You may not have said the word Dick. I'm doing this bad camp, but I don't want to be a Dick and correct them like 12 times. But I don't like the way it feels. I'm like, I don't want to be the person that was like, I don't want to come off as a jerk for having done it. And you just were so open about it in a way that you just suddenly gave everyone in the room, a lesson. And I just, and I know that it was not your job at all. I want to

make sure we hear that, but it was so beautiful to have that. And so I wanted to personally thank you for me and for the rest of the people that you affected in that room. I think that was important. Sharon's like pointing at yourself and Matt, I'd love to just hear from you around in my own journey to become an anti-racist and the anti-biased organization. You know, one of the things that I'm trying to really be clear on is it is not your job to educate me. It's my job to educate myself. But you have, I think appeared as someone who wants to, or is willing to educate might be a better way to say that. Can you speak into that just a little bit today?

[\(27:22\)](#):

Yeah. I mean, like being a non-binary like person of color actor, who's also autistic, like all, all the labels it's realistically I am one of the pioneers of trans activism in the film industry because there's only a certain amount of people. And I like, I have basically we have combined all the trans mask actors in the United States to create a little support group for ourselves because that's, that's just how many, few that keep getting called into the room for consistent auditions and stuff like that. So we all just kind of need a band together and be like, yay from time to time to have support group time. So I have taken it upon myself to cause some activism has been something that I'm really passionate about since I was like very small, um, because I saw all these injustices, I grew up in middle village Queens, which is the most Republican part of Queens that I have ever seen.

[\(28:24\)](#):

Wow. We don't think of anywhere in New York is ever being Republican. So when you say that we go, oh whoa, we need to have our eyes opened here. Yeah.

[\(28:31\)](#):

Yeah. They, they are not, not progressive people. And so growing up, um, because I, I was adopted by white Italian people and their entire mantra for families like white conservative, Christian, all that. And something never sat right with me that as a child, like just like the conservatism like that. I ever since I th honestly I blame anime because anime like all the morals from anime, I'm pretty sure just like raised me. Like I make this joke that Nard so has raised me.

[\(29:06\)](#):

Well, tell us, so those of us who don't know the character and don't understand this, will you give us a little bit of a pull back the curtain and tell us a little bit about what you mean?

[\(29:13\)](#):

Yeah. So natto is a story about a kid who has like a demon tox inside of him. And he is lake ostracized for that by his entire village, which is what I kind of leaned into because being a brown person in an all white family and like a feeling ostracized by like being trans and and all that and childhood. But because I hyper fixated on him, I was constantly watching throughout my entire childhood, like from like third grade, like up until now. Cause it's still going

[\(29:41\)](#):

Longest running enemy of all times sounds like one of the right.

[\(29:46\)](#):

And it's, it's just like all the morals. Like I look back on it and I talk about this in therapy all the time. I look back on like the animates, I hyper fixate on it. I just kind of integrated them into my morals, which has always been like fight for justice, fight for your friends, uh, save the world, like that type of stuff. So that leads into my activism because I'm so very

much like, no, I want to fight for what's. Right. Like I want to give a voice to people who can't, which is part of the reason besides like, you know, my love of acting and loving, performing is that I want to give a voice to more non-binary people of color that can't speak up, whether that's for safety reasons or they just don't have like any voice or any presence. I want to be that voice. And I want to uplift the community so we can be like, Hey, we exist. This is what's okay. This is, what's not like let's, let's do this.

[\(30:36\):](#)

And Matt, one of the things I even hear you saying is like, you know, you are an actor who is trans and who is non-binary and saying this out loud, which is very different than someone who is a banker who doesn't necessarily have the, I don't want to say platform because they could still be an activist or whatever. But like, what you're saying is we have a place where we are being seen. There's a very clear, like the job is being seen in many ways. And so I love that. That's part of what you do. So can you give the audience just a little bit of, we had this beautiful coaching where you were talking about being on set and having to remind people of your pronouns, like more than once and feeling like that feels kind of. And I don't like having to do that and also like, get it right. People, like I told you already, what's your problem. And where are you with that now? Have you arrived at a perspective around that? Are you still having to do that? Just I'm wondering what the, what the temperature is around that right now.

[\(31:24\):](#)

I think I still stay at like, I'm, I'm kind of like really nervous to do it onset because like, I'm not like a name actor. So like there's always that line to walk where you're kind of like, you want to make a good impression, but you don't want to come off as an. But I think I'm more, I'm more set in my boundaries of like, no, you will not mis-gender me. Cause it's like, like, like I said, when I was asking for advice, I have a t-shirt that says, they, them it's bright yellow. It like, you can look at it and you're just like, oh, it they've been like big texts and people will look at it and just be like, oh, he him? And I'm like, like, like, oh my God, I also have a mask that says they, them like a cloth mask and people still mis-gender me. And I'm like, I don't know how much more obvious I can get without like verbally saying it. Yeah.

[\(32:15\):](#)

Just like your onset uniform that you wear. Now I wear my yellow jacket.

[\(32:19\):](#)

Yeah. I'm about to get like a cute bucket hat I saw on like Etsy. It has data and I'm like sparkly sequence. Like yeah.

[\(32:28\):](#)

You're like full of they them costume. I love it. I mean, also it's also at the same time as I love it. I'm also like, that's annoying for you to carry on your shoulders.

[\(32:36\):](#)

It really is because like, I wear those things to make it easier for other people. Cause I recognize that people are still learning and they don't, they're not very used to using them as like to refer to a person. Uh, as, instead of like, let's say like someone left their code on the ground, they're like, oh, I wonder like who left their code on the ground? Like, it just comes up naturally referring to a person. I understand all that. But I like, there's only so many times that I can say it and people still not hearing it. And then I'm like, oh my God. Like I there's nothing more I can do than it consistently correct

people. But then it falls all on my shoulders, but it was something that I did learn. Is that like going straight to the D and being like, Hey, can you correct people for me? Because people

[\(33:27\)](#):

Are talking about this. I think we talked about this a little bit. Yes.

[\(33:31\)](#):

Yeah. And it's, it's, it's, it's been so helpful because you know, dad has like all their together. Like, they'd be new to do this. We need to do that. Like all this. And there have been times where I've been on set where the AAD has just been absolutely wonderful. Like the second someone goes, he they're just like no bay instantly shut down. And I'm like, thank you. Awesome.

[\(33:53\)](#):

That's awesome. That's really awesome. And I love that. And I just want to appreciate again how openly you're sharing about this and just wanted you to know that's why I wanted to have you here today. Not only because you know, I adore all of you, but also to share this in a very way where we can, I think broaden the conversation because now we have all the people who are listening right now. Hopefully there's a lot of ads out there listening right now And Sharon, I want to come over to you. Right. And so what I want before I go there, like Sharon and Alison, were you both on those calls with me and Matt during that time, will you share a little bit of your experience, Alison? Like what was it to hear that for you? Did you have a reaction or like, or connection at all to any of that?

[\(34:32\)](#):

I just felt how extremely frustrating that must be for you. You don't make it so clear. And I don't know, I don't know why that doesn't connect with someone's brain waves between like the visual and the speaking. I love the first 80 hack.

[\(34:54\)](#):

And again, I, you know, Sharon, you are nodding your head when we talked about how like everyone leaned in when this conversation started. Because I think what we're also finding a, such a deep curiosity about learning, at least in this community, I would say about doing better. This community is very much about doing better, I would say. Um, so I think that was why like, oh, how can I show up better? Was like, feel like what we were experiencing. So circling over to Sharon, I wanted to share with you every time I say Sharon, say Sharon, in the same sentence, I feel like I'm making a joke. Cause I'm not. I'm just saying Sharon, Sharon, kind of what I learned from you. And two things I would say that I learned one is, you know, there's this story that I think a lot of actors tell themselves, which is like, I took a break from the business and then I came back.

[\(35:34\)](#):

And so I'm a bad actor or like I have to prove again. And one of the things that I, you really modeled, I think through the journey of like, oh, I don't have to apologize for taking a break. I just need to name that it happened. And he didn't name what has been up to because Sharon has a very storied and an incredible resume, both of almost and real wins. And it can be like, well, I didn't do anything two years in the past year. So I suck, which is not actually the truth around anyone's career. So I think we all can take that away from this because you might have a year where nothing happens or whatever. And like it doesn't, that's not a, it's not a problem. So one thing I saw was just watching you kind of re own that part of your career. Did you experience it the way that I observed it or am I making that up?

[\(36:17\)](#):

No, I, I mean, I, I'm sorry to keep blowing smoke at. You say

[\(36:26\)](#):

It's fake though. Isn't blowing smoke when you're like, pretend you like, I'm just blowing smoke up their. Oh no. It was when you really like that.

[\(36:32\)](#):

Oh, I don't know. Who knows. I'm sorry. I don't know, but that's not what I mean. So what I mean is that it, you, you have been such an inspiration to me. I mean, you have changed so much for me here. I come out of this devastating illness and I don't even know how you found me.

[\(36:57\)](#):

I don't either. I don't know how you found, you found me. I didn't find you. I have divine intervention, divine intervention.

[\(37:04\)](#):

And I'm telling you the first time I did a workshop with you, I was like, oh my God, I love this man. And I want to, I want him to work with me for the rest of my life.

[\(37:14\)](#):

Okay, done. We're done. It's happening.

[\(37:18\)](#):

It's you? You have given me. I mean, it's, it's even that little thing about remembering when I said to God, you know, all those years ago, it's 16. Give me this and I'll know what to do. What, what is your will? You know, you reminded me of that. I didn't remember that, but why did I keep coming back? Because this is, this is where I'm supposed to be. You, you give that to me.

[\(37:49\)](#):

I, this is Thanksgiving for you, but I will take that in. I will take that in. So w so this thing that I took from you, it was like, I watched you go, oh, I'm allowed to claim that part of my career. And I think a lot of other people watched you do that. And a lot of other people's jaws dropped also at your career from where it's been. And that was exciting to watch. I saw Matt nod their head just now, Matt, did you experience that?

[\(38:14\)](#):

Yeah, just, just seeing like, I, and also just hearing Sharon's like growth is like very jaw dropping, inspiring. Cause it's just like, oh my God. Like so much has app.

[\(38:29\)](#):

Yeah, totally. And Alison, you were there too, and I'm sure you heard kind of the stories I think you, cause I know Sharon was in agent goals and you were an actor operating system. So you missed out a little bit, you missed out a little bit on Sharon's good journey there, but know you've been in a calls with her too. Is there anything that you've noticed that you wanted to share about sharing?

[\(38:47\)](#):

Yeah, I feel like, I don't know. Just kind of being along for the ride on the bits of Sharon's journey that I get to see. Um, it's been, I don't know how to say this. I feel like, I don't know. I don't want to say role model, but I wanted to say it in a more like picturesque, like visual memory memory way, but just like seeing and hearing about like what you've done and like what you've been through. It kind of makes me feel like that's the way to do it. Like just keep going and there's going to be setbacks and there's going to be unexpected things, but you, you deal with things with such grace that I really admire that.

[\(39:33\)](#):

Yeah. And I, and the, and I think also one thing that I think a lot of actors should hear, you know, when you said everyone's six arrows, 16 children's books, like people, like we get excited about the other stuff you do besides acting in every actor needs to remember that like when Matt is talking about anime and when Alice is talking about music, like, oh, I'm curious about that part of their life too. Like we sometimes silo ourselves into just talking about acting things. And actually we all lean in on the other stuff too. Cause we kind of like know a lot about what the acting thing is, but this other stuff is also so interesting to us. I thought also that was a place where we claimed kind of some of your story and I thought that was important. And then the other thing that I listened learned from you, and I really thought about this today from you, Sharon is, you know, I, I think you all will agree with this as that I'm very much lean on the side of let's make a positive and generous assumption about every human being at all times as much as we possibly can.

[\(40:26\)](#):

And that comes to business as well. So managers and agents and all that stuff. And then there's this other thing which is known as we don't fricking settle for dipshits, right? Like we have to own like great. I can have a positive, generous assumption all the time and I don't have to settle for less than what it is that I want while owning that's my desire. Like I'm, there are some other actor who'd be totally satisfied with this manager agent or whatever, but I'm not that actor. So you're at least owning that. Like, this is your perspective. Not just like they're bad, it's that, oh, what I want for myself is not necessarily what I have. And I think that that was you've I know you're in the journey of that right now. Right. But like, and giving like a long leash around the positive and generous assumption and seeing where you can land with that.

[\(41:12\)](#):

But I just thought that was such a beautiful modeling for me, who I think at times I can err on the side of positive and generous assumption. And so I have to remember, and we remember we're on planet earth, this is a business. And we have to think of the black and whites at times. We can't just make everything. We can't also deny that there are laws of this planet, right? Sometimes they're not just the spirituality, the spirituality, those are the great or the only truth, but these things need to be looked at. And so I thought that you've modeled that very well through through challenges. How, w I mean, how would you describe that?

[\(41:43\)](#):

Oh, well, um, uh, Ooh, Ooh. Well, as

[\(41:48\)](#):

Careful as we need to be,

[\(41:50\)](#):

I have a new agent and a new manager because of agent goals. And I love my agent and my manager. I keep sending love to now see, I, I mean, I'd really didn't know to do this, but you were the one when I was complaining about, well, he's not well, and you said, give him love and respect and, and gratitude every day, just send it to him. And so I did that and you said, do it for 30 days. So I did it for 30 days that day that it ended, he did some, he said some horrible thing. And again, I was like, oh my God. And now I'm sort of again with him, uh, because I got no pictures. My agent got his decisions back to me that day. And the managers had them for over a week and I've called and I've emailed and nothing. So, you know, it's, it's challenging, but I have been, you know, with managers and agents over the years, really good ones and really not good ones. And, you know, we just, I have you to work through.

[\(43:09\)](#):

Well, I also, I think what I want to say, you know, so much of our calls, I think lately, if you guys haven't noticed, so we have so many actors who are getting representation, and I know Alison you're about to do this, reach out to some people isn't that, right? That's our budget. Right. And we have so many actors have representation is a lot of our conversations are around like relating to representation and having conversations with them from a position of like, am I crazy for thinking this? Am I wrong for wanting this is this the right way to say this? And like, we have to really be careful about how much pussyfooting we do around, like speaking into what's actually happening. And so I don't want to take away your discernment, Sharon. Right. That'd be the opposite of what we were in here. Right.

[\(43:44\)](#):

So as you're going through this during, like, we always want to have like, sure, the manager's busy, dah, dah, dah. And like, where do I then have to say, Hey, this doesn't feel right. Like, I want to just get clear, like, is this typical? Or am I being weird like that? We have to own what I see you doing through this as owning yourself. And you know, they'll come a time when you say, yeah, this is just how they are, and I'm okay with it. Or this I, this isn't gonna work for me. And I am going to have to make a change. Right. And I think that that's like either the sharp feeling of like, oh no, absolutely not. If you were clear, you'd be clear as what I feel like at times. Right. And so I think part of what our work is, making sure you're clear while you're thinking about it. Right. And like that bringing your old baggage to it or

[\(44:24\)](#):

Something. Exactly. Yes. Is

[\(44:27\)](#):

There anything that anyone here wants to just share as we're moving into this season of gratitude around, thanks for what it's been like, any kind of around witnessing what you've seen in the other actors in the group, what's like some of your biggest takeaways, I would say from, uh, being a part of this coaching group, would you guys want to share that?

[\(44:46\)](#):

Yeah, Matt, I think how do I word this? Like, like what you were saying earlier with how, like, everyone just kind of listens to my story and it just like, it's not even me, like trying to teach it's me just, you know, existing and being like, Hey, I need some guidance. Like, this is just what it happens to be. I'm really grateful for that because like, through, through just like, everyone's like willing to listen and just feel like educated on like things that they aren't educated for fryer it's allowed me to be even more open about my identity in spaces that are not like trans dominated, but more like CIS dominated.



And it's been really nice to be able to know that like if I hop on a call, um, and I need some guidance, I don't have to hide any aspect of myself. Like at all, I can just exist, which is not something that I feel often because often I feel the need to put on a mask of some sort, especially with my identity to digest and make it easier to digest for other CIS people, which I shouldn't do, but like

[\(45:50\)](#):

No shade to yourself, but I hear what you're saying. Yeah.

[\(45:53\)](#):

I like, I'm working on it. I'm working on being authentic everywhere, but especially like in leg actors, operating system. And even when I was back in like, uh, your audition magnet, like when I first ever met you back, like what 2018? That like just being able to speak my truth ha is like, it's, it's been so great for my growth. And just being able to sit and be like, these are my boundaries. This is who I am. Here you go. Enjoy.

[\(46:23\)](#):

May I just can't tell you what it means to hear you say that, because it's so important to me that you don't have to feel like you have to perform inside of a group that you can show up as you are. And so that means a lot to me to hear that from you and from anyone that like, you don't have to be having a good day to be, to show up. Right. And actually think like when you're not having good days, the best day for you to show up, because then we'll probably something good. Something will happen there. Right. But I just really appreciate you saying that you can show up there. I think that's important. I think that also, like for anyone listening, like to find spaces like that, where you can show up, whether you feel like you just skin your knee or you're on top of the world that you can be with where you are, where the people around you are going to love you, no matter what or respect you, no matter what is so important. And it can, of course be harder depending on what identity you are. Right. It can be harder to find at times. And so I appreciate you saying, yeah, yeah, yeah. Send any takeaways for you from just, and this is not me looking for like praise for the program. I'm actually saying like takeaways of things you may have learned that you're you're being with right now.

[\(47:22\)](#):

I've just been really grateful for how supportive everyone in the community is. I think it's really funny that a lot of times in like the media or like film and TV or popular image of actors, it's like, I will kill someone literally for this role. And it's like, that is so far from what I've experienced. Like people will send you messages, people will offer like any kind of help or like to work together with you on things you're working on. And I guess the lesson for me is kind of just like showing up wholeheartedly. There's definitely been times on our coaching calls when I've been like in the moment talking. And then afterwards I was like, did I just sound like the most spoiled child in the world? And people will always be like, no, I relate to what you're saying. And so it's like, just showing up as yourself is going to impact somebody hopefully in a positive way. Yeah.

[\(48:19\)](#):

And Alison, I just want to share with you that it's so important. We just, because I think even you've been on the call, like, I don't want to sound like, I think you've even said out loud, I don't want to sound like a pouty kid on this call. I give even said language like that. And you just see everybody rushing and be like, please talk. We need someone to say what you're saying right now. And it is a Testament to you also for how you show up that people will swoop in to help. I want to just

make sure you don't, don't look at that part of yourself. Whereas, you know, if there is an actor who may be a little more, like I've got this covered or like, I don't want any, like, there's like a defensiveness from them. You don't, you won't see that experience of someone swooping in, but there's just a very, you have a very open quality that you bring to the calls of like, Hey, let's, let's play like I'm challenged over here, but I'm deaf. I'm willing to get in the sandbox with you guys. What do we want to do? Like, and that is a real Testament, I think how you show up. So that's one more thing that I think I can be thankful to you for demonstrating for everybody to, to watch that. I think it's great for people to see you show up and the people listening right now to even hear like, oh, there's a way I can show up where people feel compelled to. [\(49:19\)](#):

Thank you for saying that. I think sometimes it's so hard for us to see ourselves from outside of ourselves. So I definitely appreciate that. And I'm always, [\(49:28\)](#):

Yeah. Yeah, because we're thinking about, we're thinking about I haven't had my nails done and I didn't cut my, I didn't take them and my hair cut next week. And like, where did I dirty clothes? And what am I doing tomorrow? Like, we've got all those things going on. We have noted that people around you are going, like, so glad you said that, how can I help like that? We get to, you know what I mean? [\(49:44\)](#):

Yeah. I think I'm always just so excited to see everybody that I think maybe that excitement comes back to me. [\(49:50\)](#):

Oh, for sure. For sure. And I think that everyone is excited to see you too. I know it's like for a second, I'll just say that for anybody who's in any group ever on a zoom room or something like that, chatbox is like such a nice time. Like people are having these great side conversations and loving up on each other at times. And I think anywhere where anyone listening can find an environment like that, like run don't walk because you need to have feel like, yes, I'm part of a group, but I'm also an individual. So I just think that's really powerful. Sharon, you've shared a bunch of takeaways today. Is there anything you didn't get to share that you wanted to share? [\(50:19\)](#):

I just, I love the community so much because I'm not alone because I have people go to and I was going to bring up the chat thing. I mean, I'm not a chat person. I mean, I don't go in there very much, unless you say, do this, you know, [\(50:36\)](#):

Go to the chat and do this. Right. [\(50:38\)](#):

We'll know all of you do this. It's been, I'll do it. But otherwise I pretty much stay out of it, but I will go back and look at all the beautiful things people say to me, you know, I'm trying to concentrate on what you're saying and what that person's saying. So I'm not, I don't want to chat, but, but it means so much. So, you know, I mean, maybe I need to start doing more of that.

(51:02):

It sounds like it's working, doing exactly what it's supposed to do by the way. So I didn't need to change anything. I want to thank you guys for spending this time with me. This was like a wild idea that we had, like, let's have a Thanksgiving episode where I get to talk to some actors and ended up being us, talking a lot about AOS. But also I think getting to know you guys, your stories a lot more. And I, you know, I say this all the time on our calls together was like, you know, I'm so grateful to be able to spend that time with you. But getting to know you personally is something that I carry with me inside my heart, whether or not I'm on a call. And I think about it, like I said, like we were talking about you and I'm thinking about you all the time and it's such a privilege to watch you do what you do, whether it's big or small, I'm trying not to be crying right now.

(51:45):

Right? So whether it's big or small. And so I just want to thank you for your investment of your time, energy and money to showing up to a program like this, where I know that it isn't just on the calls where you're invested it's between the calls where you are making changes to the way you're doing things, or like Matt's talking to the people on set differently and making a change with the way they talked to the right. Or Alison is thinking about how I'm gonna approach head shots in a different way. Or Sharon's like, I'm going to talk. I'm going to have great thoughts about my manager for the next 30 days or whatever. Right? And I know that work is not work that I'm there to do with you. And, but to witness you do that is a gift for me and a gift for everybody there.

(52:24):

So I'm not saying thank you on behalf of just myself, but I think on everybody else inside of this community, hopefully the people listening right now are gleaning some good Juju from the great contribution that you make to this community. So on the Eve of Thanksgiving, when this episode comes out, I'm giving great, thanks to the three of you. And then everyone else in this community, all the listeners who are listening today. And I hope that this can inspire you to, especially in this season. I think that, you know, like it's always a season of thanks, I think, but in this season right now, kind of the world, or at least this country, I guess take stock of like Thanksgiving, like where's our spaces to be grateful for that. It inspires some degree of thanking yourself for how you're showing up. Cause that's, that's what I'm noticing in each of you. And so I thank you so much that, listen, there's going to be people who are listening to this who are going to want to know where they can learn some more about you. Is there places where they can go to learn things about you? I'll start with you, Matt.

(53:14):

I mean, I'm, I'm always on Instagram. That's like my main social media platform. And you can follow me there at, at Matt Cassini official. Yeah. And also you can follow them by, by podcast, at, into underscore the studio on Instagram.

(53:30):

Great. And we will put all that. We'll put that in the chat in the show notes too. So people can definitely get it. Correct. What about you, Alison?

[\(53:36\)](#):

Yeah. I am online on Instagram and Twitter. My handle is gospel Blair, Waldorf. If you're a gossip girlfriend, I hope that will give you the exact image of me and yeah, it's spelled out on Instagram and then Twitter because of character limits. It's missing the oh, in Waldorf. Okay. Got it.

[\(53:59\)](#):

Got it. And Sharon, what about you? Or can we get your kid's book somewhere? Children's books somewhere.

[\(54:03\)](#):

Oh yeah. They're on amazon.com. Great. Otherwise I'm not on Instagram. I hate Facebook, but I do it because of us because of community, because it really helps, but otherwise it's evil. Let's see. Oh, and I have a website, Sharon, charlotte.com. Right.

[\(54:23\)](#):

And I think we should all go out and buy one of your books, then give it to someone that'd be again. So I just want to sum up by saying thank you again for being, not only spending this time with me, but all that you've given us and given this community and help you all are inspired by what you heard today. If you want to learn more about them, you have places to do that. All right. If you want to see us have this conversation, cause there's a lot of smiles going on and you are welcome to hop, hop on over to the YouTube channel where you will see all four of our smiling talking faces there. And what we in that episode usually ends up being a little more uncut over there. Like we don't do as much editing. So if you want to see the giggles in between, that's a good episode to listen to. So thank you everyone for listening today and thank you to all of my guests. I'm so grateful. You're too. Alison Sharon and Matt take very good care yourself. Happy Thanksgiving.

[\(55:02\)](#):

Thank you.

[\(55:03\)](#):

Happy Thanksgiving.

[\(55:08\)](#):

Hey listeners, do you ever get stuck with that question? What should I do next? Or the worst question is, am I doing the right things in my career right now? Barf? I totally feel you. That's why I know coaching can help actors. And so I developed this really affordable program where I get to meet with you every two weeks. That way you're always moving the needle on the things that matter most, whether that's your headshot, your real reaching out to casting directors or building a better relationship with your reps. Every two weeks, we have a coaching call. It's a group coaching call. So, you know, you can rely on this incredible community of like-minded actors who are going to rise up to support you whenever you get stuck, as well as the know-how in coaching to meet you right where you are every other week, the program is called actor operating system. And if any of this has excited you, or you think that maybe you want to, you want to run your career from a confident, clear, and consistent place, then you owe it to yourself to visit actor operating system.com and see if there's a place that you can call home. I would love your 2022 to start with a ton of confidence, clarity, and



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consistency. And that is what the promise of this coaching program is all about. Again, it's actor operating system.com and I'll see you there.

[\(56:21\)](#):

Oh my goodness. Thank you so much for tuning into Brian breaks character. Look, I know you have a lot of podcasts to choose from and a lot of different ways you can spend the time in your day and that you have spent it with me, means the world to me. I pour my heart and soul into each of these episodes. So thank you so very much if you haven't already done. So please subscribe to the podcast on apple and that way you won't miss a single episode. And if you're feeling extra generous, go ahead and toss us a review. It means the world to me because it helps to boost the episode and gives me the chance to meet more creatives out there who are suffering and get them into action. And if you actually want to go a little deep on this episode or any of the episodes you've listened to, we posted the video of us recording this episode to my YouTube channel.

[\(57:03\)](#):

It's uncut, it's unedited. It's a little more casual and a little more messy. So if you want to see those little spicy videos had an over to my YouTube channel and know that every Wednesday I will be delivering a new episode to you and on Saturdays, the bonus episodes come out. We have a lot of great guests coming up and I cannot wait to share their brilliance with you. So thank you again. I am so grateful to be on this path with you to be on the planet with you at the same time and whatever you believe your function is, whatever purpose you are fulfilling on this day. And in this moment, I hope that you feel the resolute, peace of mind, joy celebration, and alignment that I hope that this podcast can provide to you. So if I've noted you along in your inspiration today, if it's pulling you a little bit closer to what you want to accomplish in the world, then I've done my job. If you know a friend or know an actor or creative who could use that kind of nudge, I hope you'll spread the word as well. Take good care of yourself. I'll see you soon. Uh, wait. No, I won't see you, but you'll hear me soon. Okay. VUL.