

## Ep. 107 - The Actor Survival Guide Part 2 - Transcript

*FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.*

Speaker 1 :

Um, okay, my pioneers, let's tackle another question, right? And this is one that comes up way too often and it's a gross word and you know the word already, I don't even have to say it. What's the word? What's the word anyone guess?

Speaker 3 ([00:29:01](#)):

Networking. Networking.

Speaker 8 ([00:29:05](#)):

And I thought it was auditions. Yeah. Right. <laugh>. Hey, hey, hey. Sorry <laugh>. As long as it's not self tapd. Hey,

Speaker 1 ([00:29:16](#)):

I'll say, I'll start the, I'll kick us off here because I would love to hear like what is your, uh, I know that we're seeing more and more in real life events and more and more maybe a steady stream. I wouldn't say more and more of like in-person once in a while. Auditions here. Uh, I, it's important to I think to make the most of those connections. So I'd love to hear your take on that. But one of the things I wanted to do first is dispel a little of the grossness around networking. So you could take this question either way you want actually, actually y'all. But what I would like to say is, I think the reason why networking gets a bad, uh, wrap is it is about, it is not about quality, it's about quantity, it's about receipts. It is about who did you meet?

Speaker 1 ([00:29:52](#)):

Not, not how did you meet or what is the connection that you truly had And mm-hmm <affirmative>, I have a client who right now, um, she is a Blumhouse fellow. It's very exciting. She was, she's chosen for the Black House fellowship. It's a big deal and they've taken 'em all to uh, Sundance, it's a big deal and whatever. And I, and she was like, well you know, I wanna make sure I do a good job while I'm there and duh. I said, great, whoever you're seated next to, make sure you say hello and you learn who they are and meet them and know, learn their name and say hello. Cuz there is like, sure you'll meet more than the person you're seated next to. That's definitely gonna happen. But if we can just make a real connection instead of maximum number of connections, it's gonna buy you bye.

Speaker 1 ([00:30:25](#)):

Which is also not a word I wanna use, but it's gonna be that much more helpful to you than to have a bunch of flyby night connections. Uh, and it just made her feel so much more empowered. And you can just imagine like everyone at Sundance is like, who do I need to meet? Who do I need to meet? Who do I need to meet? And the person who is gonna be like, Hey, truly interested in the person across from them is gonna be the person that you remember that you build a connection with, right? Yeah, for sure. Networking. Who wants to jump into this, this mora ray tar pit. Okay, go for it.

Speaker 6 ([00:30:51](#)):

<laugh>. I would love talking about networking and I think one of the reasons why it gets such a bad rap is that many actors think about it in terms of what can you do for me, which automatically feels bad to the person that they're meeting. So I like to help people think about it as, who do you wanna make friends with? Because ultimately the people

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that you connect with in your industry that you want to work with again and again are people that are, you would also consider a friend. You have common interests, you have common creative visions, you have common values. And so I like to help people think about it as who do you wanna be friends with and approach it like that. The other thing I think is so, so hugely important that's so easy to drop the ball on is the fortune is in the follow up.

Speaker 6 ([00:31:46](#)):

We make a connection. And then maybe you, maybe you follow up afterwards, <laugh>, you better if you'll, you better if you are courageous, yes. But then sometimes you realize you didn't follow up and then you're like, oh my God, it's been too long. And now it's, they're gonna think I'm weird and I dropped the ball and I might as well never follow up this person ever because I waited too long. And so the fortune really is in the follow up. So be consistent with connecting and like watering the relationship of this new friend that you made that you'd like to get to know better. And yeah, friends, it's about friends.

Speaker 1 ([00:32:26](#)):

Yeah. And what you just said about the follow up, can I just, I'm gonna give you everyone a real good trick that I lean on all the time, which is be a good Victorian lady. When you were a Victorian lady and you stopped by someone's house, you dropped off a calling card, whether you saw them or not, you dropped off a calling card or you had them right on your dance card or whatever it is. And so there was never a time you would stop by someone house and not drop the card. So I don't care if it was a year ago, you met somebody <laugh>, then you can say, Hey, it's been a long time since we connected. I just wanna thank you. It was such a good time to have that conversation. No one is gonna think you're a weirdo for doing that. If you need help with this, I'm gonna just reference episode 74, which is how to say thank you without being a weirdo on the Brian Bris character podcast.

Speaker 1 ([00:33:03](#)):

I kinda walk you through some language for this, but I, one of the rules we live by in the, we had our retreat this past weekend with my team and one of the rules we live by is it's never too late for gratitude. And so if I send someone a gift a year later because I didn't get to it then, but I want them to know how much it means to me now, I, I don't think that is a bad move. I think, sure, I wish I got there sooner or great, but I don't have to apologize for my gratitude being late either. Say, I wish this got to you sooner, is a way to say that without an apology, right? So I think, you know, if you just lean on, I have really good Victorian lady manners, you can send a thank you every time you meet somebody or follow up every single time, right? Without getting into should I, shouldn't I, how do I say it? It just becomes the rule. I follow up with people when I meet them. I wanna let you know it was great to meet you. Take good care, goodbye, boom. And Heidi, I wonder if you have some social media. Give us a little Yes, I do. Yes please.

Speaker 3 ([00:33:50](#)):

<laugh>, I'm like, social media is the answer here too. Um, you know, follow up but then get organized because, you know, yes it is, uh, you know, we wanna have quality relationships, but if you meet a couple people at this, this event, um, if we don't get organized on social media, um, so we can stay top of mind with them so we can warm this temperature of this new relationship, um, we will lose contact, right? There's algorithms on every social network that may keep us from seeing them. And I'm really against turning on notifications because it makes our phone the boss of us, right? Yeah. So, um, so you need to get organized, okay? So when you get home from an event, um, yes, connect with them on social, follow them, but don't just follow them. I want you to take an extra step to make sure that you see their posts regardless of algorithms.

Speaker 3 ([00:34:41](#)):

Cuz you really need a system to stay top of mind. So if you're, for anyone listening, if you are on Instagram and this person you just met is on Instagram, you can add them to your favorites feed. It's that new feed, right? Mm-hmm. <affirmative>, we've got the regular feed, we've got the favorites feed. Now they're gonna be at the top of your feed or you can just go to the favorites feed and really have this organized list of 50 people that you wanna get to know or already know you, right? If you both use Twitter, you can add them to a private Twitter list of industry connections, right? And then I can just go into my Twitter list, I can stay top of mind with these people that I wanna warm the relationship up and I'm organized. I know no matter what algorithm, no matter what platform, I'll be able to go in, you know, build these relationships and get out and really nurture and grow these relationships on my own terms. Okay? So definitely if you're in person, sorry, my, this keeps getting stuck on my button here. <laugh>, <laugh>, um, jean jacket. So, um, but, but af you know, after this in-person event, wherever you meet this person, just make sure that you are using social media, you know, after the follow up to keep in touch to stay top of mind. Okay? It's really easy if you're organized.

Speaker 1 ([00:35:48](#)):

I love that, Heidi, because I think sometimes we, we, we prioritize one or the other. Sometimes if you met them on social, then you can only talk to them on social if you met them in real life, maybe I can't even add them in social. Like the actual, like the stroke that you get from some like following and liking whether that's good behavior or not. Inside of your psyche will talk about a different day, but the stroke, Hey, I met you and then I went and liked your thing. Like without it being overly aggressive, like, I liked 15 ones of your things, which I think means you like wanna get in bed with them. So like, right, it's like different, right? Like you can, like, you can, you can show that like, I'm interested, I, this is something interested. I, we're not talking about dating where I know you have to play a bunch of weird games if you choose to, right? We're talking about building a relationship, real relationship. Anyway, who else wanted to weigh in on this networking thing? Monica? Yeah. Yeah.

Speaker 2 ([00:36:27](#)):

I, well I loved what I loved what Emily was saying about friends, because I think it's also important to kind of look at your thoughts and beliefs around the word networking <laugh>, right? And, you know, what do you think of it? If you think it's icky and gross then you know, it's gonna be icky and gross. But rather I really encourage, like when I'm talking to my clients or friends or fellow actors, you know, encourage everyone to really approach it with a beginner's mindset. You know, go into it with fresh eyes, with renewed curiosity, right? How fun can I make this? How many awesome people can I truly connect with? You know? And then most importantly, be yourself. Ask genuine questions like Emily was saying, like ask real questions about who they are, their interests, like, and then if, you know, always offer value if you can, like, maybe you can connect them with someone or offer a resource or something. Because, you know, people do love to talk about themselves. So the more you get, you ask questions and, and get them talking. Like people will remember you, you know, because you're, like Emily said, you're creating a genuine connected and you're genuinely interested. Yeah. Back to Joe Kelly <laugh>. Yeah.

Speaker 3 ([00:37:38](#)):

Back to Joe Kelly. You become interesting by being interested. Yeah. Yes. Mm-hmm. <affirmative>. Totally. Yep.

Speaker 1 ([00:37:43](#)):

Joe, did you wanna add

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Speaker 7 ([00:37:44](#)):

Something? I would, yeah, I would take it there too. I, I would've said, well, what I have been repeating since the last six months is be interested rather than try to be interesting. So that means don't try and get something out of network. Try and gift something. Try and give something because as you are generously being yourself and being present and really offering your truth in this moment, and not the how should I behave or what should I say or what should I ask? But if you're really gifting your presence in that moment, you are doing your job as an actor. You're really being there. You're really being interested in the moment in them and what you are feeling and sharing that vulnerably like, ooh, it's, you know, it's scary for me to be talking to you. Like, if you can really be you, people see you. If you're gonna try and, you know, get somewhere with this networking and look good again, you're gonna bypass yourself. And if you're bypassing yourself, you're disconnecting from yourself. They cannot connect with you if you're not connected to yourself. There's no way

Speaker 1 ([00:38:47](#)):

No one wants to talk to you. Let's just be real. No one wants to talk to that person. They can, like you are. No, well they can,

Speaker 7 ([00:38:52](#)):

But it will stay

Speaker 1 ([00:38:53](#)):

Superficial.

Speaker 7 ([00:38:54](#)):

Yes. Yeah. It will stay, it will stay on that disconnected, you know, small talk, which I guess some people enjoy, but, but that's not fulfilling at the end of the day. It's not fulfilling for you as an artist and it's not fulfilling for the person you're networking with anyway. And so for, for them to really want to see you again, you have to actually allow yourself to be seen in that moment and be truthful free you and g gift to that presence. Yeah.

Speaker 2 ([00:39:20](#)):

Oh, I love that. Yeah. We've all noticed those people. I'm sorry, I was just gonna piggyback on that one more time. Like, I was thinking about like when we've met those people who are so into what you're saying and you're just like, oh my God, I feel, I feel like I'm the most important person in the white world right now, <laugh>. Like,

Speaker 1 ([00:39:39](#)):

You're, you need to look at us all on the YouTube channel now because we're all making faces <laugh>. You know

Speaker 2 ([00:39:44](#)):

What I mean? Like, I mean, it's true. I mean, and you hear this about like stars, like George Clooney for example. Like meaning he is with you. Like when he speaks to you, he's not looking over your shoulder wondering like who else is around. And you hear this over and over again about those types of people you know, of that caliber who have that presence because they're just, they're being real and they're being with you and you are most important in that moment.

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And they're looking at you and they're hearing you and they're being with you. And it really does, you walk away going, wow. So to Joe's point, that is a gift that you're giving to someone mm-hmm. <affirmative> to be that present too. Yeah. To

Speaker 7 ([00:40:25](#)):

Yourself too, right? Because when you're really present and when you're really paying attention to someone, when you're really interested and you really give them that, it's so fulfilling. Whereas, like you say, like who's behind their shoulder? That that is never ever gonna work for you or for anyone else. It's just, it feels terrible. So everybody, everybody wins when you gift yourself.

Speaker 2 ([00:40:47](#)):

And that goes even back to the beginning of what Elise was saying of you are enough of us talking about being grounded and knowing, you know, taking real care of yourself, of being in your body, of trusting that experience, having the confidence of who you are, of your essence, of your authenticity. That's the only way you can do that.

Speaker 1 ([00:41:07](#)):

And let's remember, it takes a lot of guts, right? Yeah. It takes, so we go in the room, you maybe, you know, no one there. We have to remember, like, it does take some wherewithal inside of yourself to be like, okay, of course I'm here to be of service. And one of the ways that I've seen some of my clients do this, and I think you do have to have that self-care of like, did I get sleep? I think it's important for you to take care of yourself. Like you're gonna go there. Like there should be some amount. I, I like for me, the self care might also look like I know that I am walking into a potentially anxiety craving situation. I'm just gonna know that before I go go there instead of try to act like I'm not allowed to be anxious so that I can be with, that's probably true.

Speaker 1 ([00:41:38](#)):

And the best way I've seen some people do this and I would say, I, I, when I'm my best, I would say most this is I am the best wing person for everybody else there. <laugh> is when I think I'm the best. Like I'm the one introducing, I'm the auntie Mame, I'm the Sally Bowls of the night, right? I'm hosting the party even though it's not my party that I'm connecting. And that is where I feel like I, that is where I feel like we can all lean into like, okay, great. It's actually not about me, it's about me trying to connect when I can feel a little edgy or whatever. Did you have something you wanted to add? At least I feel like I haven't had you haven't had a chance for

Speaker 4 ([00:42:06](#)):

You to chime? Yeah, I agree. Oh my gosh, I agree with everything that's been said. And two things you just mentioned, Brian, I find to be so true. I love connecting other people. So creating spaces where people can network or connect or being the person at those events, like making sure people meet each other. Like, oh my gosh, you have this in common, you have this in common, you need to know each other. Do you know this person? Uh, yet. So if you, if you have that in, you don't be afraid to lean into that because it's uh, it's a superpower. Not everyone is great at making those internal connections. Um, and it happens by being interested for sure. Um, what I wanted to talk about was the self-care, what you're mentioning Brian, like give yourself everything you need to feel like a star walking in, even if it's not, you know, like be a star.

Speaker 4 ([00:42:57](#)):

Um, so what does that mean? Does it mean you need enough sleep? Does it mean you need an outfit that you feel fabulous in no matter what other people think of it? How can you feel your most fabulous self? And, and then like, I'm like losing my train of thought because that right there, <laugh>, some people are gonna be drawn to your, some people are gonna, yeah, cuz some people are gonna be drawn. Again, going back to like, some people are gonna be for you so others are not. You're, you're going to by being the bright light that you are, some people are just gonna automatically be, um, drawn to you. And I don't, I don't mind the word networking for me. Like I don't find that to be a gross word at all. My whole life has been that. My whole career has been that.

Speaker 4 ([00:43:42](#)):

And the word I like to use, my actu my word for 2023, shout out to Deon. Um, cuz I've been doing my word of the year since Deon's been doing that challenge. And my word for this year is connection. Because for me, I spent three years being in a cocoon and just like being in my house all the time. And I'm an extrovert. And what I've been doing with my network this year has been reconnecting with my deep friendships from my early twenties and reinvigorating my network. And so don't forget, we all have such a network. And by tapping in checking in with your friends who you started this with a decade or two or three or however long ago you started your career, check in with them, see how they are. You probably have so many more mutual connections and I find that so beautiful. What I've been noticing is I've been prioritizing once a week catchups with friends, whether it's via Zoom in person, whatever. Um, but it's not always about upward mo mobility. Do you know what I mean? I'm not, I'm none of these, uh, these are not meetups for like, what can you get me next? There's

Speaker 1 ([00:44:49](#)):

No call to action. This is like, let's say hello, let's be

Speaker 4 ([00:44:51](#)):

People. It's like, let's say hello and then what happens? Because there's no pressure there. I'm just re I'm noticing I'm receiving so much more. And what I'm seeing from my old friendships and, and even my newer ones is like allowing myself to be seen. So for me, this act of connecting with someone then in turn becomes an act of self-care because they've helped fill my cup.

Speaker 1 ([00:45:19](#)):

Truly, truly.

Speaker 6 ([00:45:21](#)):

I, and one more thing I wanna add to this topic, Brian. Um, something that I see actors struggle with a lot is they feel like they're not allowed to build relationship with certain people because they don't have enough credits or experience. And they use that to, to feel not enough. And I love, uh, what everyone's been bringing up here about, uh, you know, giving your presence, being the star you can be and do those things no matter what credits you do or don't have, that does not make a difference for you to be able to connect and build relationships with another human being, even if they're further along in their career than you are.

Speaker 1 ([00:46:06](#)):

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Love that, love that. Love that. Dwan, did you get a chance to weigh in on this? I wanna check in before we move on to something else.

Speaker 5 ([00:46:12](#)):

Oh, I think everybody pretty much said it. I, I, i only thing I could possibly add to the brilliance that was said, uh, today would be just like, be be aware of the consciousness of actors past. Mm-hmm. <affirmative>, that is a very big thing. I think what we do is we tap into, uh, borrow beliefs from, um, old actors', thoughts, and you know, and, and, and we, we bring it up into the future or the presence, the present moment of, of networking. And I really don't think it has to be an icky word. And if we all collectively think that that means we're tapping into somebody else's thoughts on that. Um, and it, it could also stem from you not wanting to ask for help. That's something else that you need to, uh, I think we can spend a little bit of time uncovering, you know, it's like, oh, I don't want them to think. As soon as you get into that, you don't know what anybody else is gonna think. They can be like, oh my God, I've been looking for somebody just like you. And isn't that so exci? I'm so excited about that thought. And then the other thoughts for me, um, and I think, you know, um, I always say, Brian, a version of what you say is there is no time limit on a thank you.

Speaker 1 ([00:47:16](#)):

Yeah, totally. Totally. And I love what you just said because one of the things is, I'm gonna talk the most repeatable piece of advice that I've ever, I know I said that was the first question. I realize what it is because Elise said it is, there are out there who do not need to be your fan.

Speaker 2 ([00:47:29](#)):

<laugh>,

Speaker 1 ([00:47:29](#)):

Please let 'em not be, if you don't have somebody who doesn't like what you're doing, then you're not doing yourself enough. And come on. It is. And, and I, and I can point to a story and I bet we all can. And I know I gave you questions to prepare beforehand. And everybody, listen, I'm taking things on the road. I'm being a pioneer now because it is the number one thing that me up. Because when an actor says, I can only look like an actor into the, to the public world, I want to go like, wait a minute, someone told me that in 1998. We're still saying that. Who's saying this? Who is this? Who is saying this in the world? What casting director is saying only be an actor to me anymore? I don't know who this is, but they must have a very large megaphone because we have ancestral trauma with that idea that we're bringing into every decade of, you can only be an actor in front of other people,

Speaker 5 ([00:48:11](#)):

Ryan, but that's not No, but casting directors or the great gatekeepers or the directors, they're not saying that we are. Get it beat people. You're No, it's your actors. It beat your people. That's what it, it's other actors talking about it and they're perpetuating this. They're gonna get blacklisted. Nope. Everybody

Speaker 1 ([00:48:27](#)):

Who has time, who has time to blacklist you? Who has time? I don't know who you think you are.

Speaker 5 ([00:48:32](#)):



That's what I'm talking about. I dunno

Speaker 1 ([00:48:34](#)):

Who you, you're so important that you're, you're so important that not only did you be a jerk, but I'm gonna remember you for being a jerk. We're

Speaker 5 ([00:48:41](#)):

Ever gonna keep the list. We're the list that

Speaker 1 ([00:48:45](#)):

It's

Speaker 6 ([00:48:45](#)):

In Google Doc, the shared Google talk.

Speaker 1 ([00:48:49](#)):

Monica, what did you wanna say?

Speaker 2 ([00:48:51](#)):

That's also an excuse. Like, people buy into that and stay in those beliefs. You know, to your point, to one, to your point, Brian, because it allows them to stay small.

Speaker 7 ([00:49:00](#)):

Yeah, that's right. To be hidden.

Speaker 2 ([00:49:01](#)):

It allows them to stay stuck. It allows them to not have to take action, right? Mm-hmm. <affirmative>, I mean, that's why they, that's why they're perpetuated, right? It's that fear. It's that like, oh, I don't, I can't be a pioneer because of these reasons. Even if they don't believe it, they, they're saying it. Mm-hmm. <affirmative>, right? Dewan, like, I know you've talked a lot about this, you know, that like, don't buy into this, right. Be a pioneer, but people buy into it because it's actually easier.

Speaker 1 ([00:49:26](#)):

It's a easier, and I also think there's a perverse Yeah. Cuz there's a perverse comfort in it. A perverse comfort. I take action here. Yeah, yeah, yeah, yeah. So to, uh, we have a lot of feelings about that, which makes me so happy. Joe Kelly, you wanna wrap us up? One last, yeah.

Speaker 7 ([00:49:39](#)):

Yes. Yeah. And it's more on Emily's field, but I wanna honor that we, and we have actors do this in our, in our community too. When you're networking, if you are creating your own content, doing your own projects, that what lev whatever level it is, you don't feel like you come with an empty cup that's asking and begging. You have something going on. And



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that's a very distinct energy in you when you have something going on, when you're not trying to get, but not only do you wanna gift your presence, but also if someone asks you a questions, you have your own stuff going on, you're not, you're not that desperate vibe. You don't have it. That's right. So,

Speaker 1 ([00:50:14](#)):

And you know what I just wanna say, Joe, I love that you said that. It doesn't, I, I wanna say yes to the writing of your own things and I love all of that. But also you're allowed to be an actor who says, and I have my own thriving yoga business that I love and da da da. Like, absolutely. I wanna make sure like this is, this makes you more interesting. When I first moved to LA, I used to have a happy hour every single Friday at my house. The number one thing cast Richards, when they would first meet, because we were all in person at the time, would be like, oh my God, that's so cool. And did any of them come one out of five? Maybe came, but that's a lot. But it wasn't about getting them there, it was just the interesting thing that I had to talk about that I was doing, other than being an actor. Right? It can also be your writing that you are doing, which is similar in this. I'm not saying taking that away, but I wanna make sure we don't write off that it has to be in the same category. I must be talking about things that are happening to me there. I'm making up the ladder in this space.

Speaker 5 ([00:50:58](#)):

Was anybody invited to this happy hour on this?

Speaker 2 ([00:51:00](#)):

I

Speaker 1 ([00:51:01](#)):

Know I did not know you. I did not know you.

Speaker 5 ([00:51:04](#)):

Just take a of hand. If anybody's looking at this on YouTube, I want you to see the show of hands who were not invited to the happy hour. Raise your hand. <laugh>.

Speaker 1 ([00:51:13](#)):

I would not know you. I did not know. We're trying to,

Speaker 5 ([00:51:15](#)):

We're not gonna tell you how many people Raise your hand. Look at YouTube. Y'all

Speaker 7 ([00:51:20](#)):

<laugh>, rebel. Brian Rebel. Do it again.

Speaker 2 ([00:51:25](#)):

Tune your point though too, Ryan, like, what if you don't have anything going on? Like, that's okay too. Like what if you're just taking care of yourself right now? And that's like what your job is at the moment is like, you know, I had to pull back

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from stuff and maybe I'm just, I'm just really focusing on my own expansiveness. I'm just really focusing on taking great care of myself. Mm-hmm. <affirmative> of self-caring. That's a radical Elise's point. I just, I love it.

Speaker 1 ([00:51:50](#)):

That's wrong. Radical. But yeah, it's

Speaker 7 ([00:51:53](#)):

Truth, self

Speaker 2 ([00:51:53](#)):

Care and I love it. Truth, it works. E helps you feel good. Self-care isn't, you know, people think, oh, it's massages and blah blah. No, it's anything that makes you feel good. If that's drinking water, eating good food, putting on something that makes you feel fabulous, getting your hair done, getting your nails done, just like whatever, pumping yourself up doing warrior pose before you go into a networking thing. Like that's all self-care, right? But we also don't always have to be doing.

Speaker 1 ([00:52:21](#)):

Yes. Yes. And but I think one of the things that Monica's talking about I think is important is how do we talk about it in a way that gives someone permission to understand it and also doesn't make us look like a wackadoo. Right? If you were like a, I'm just focusing in my own expansiveness right now, I'd be like, <laugh>

Speaker 2 ([00:52:39](#)):

Seems like

Speaker 1 ([00:52:40](#)):

Me too. Okay girl.

Speaker 7 ([00:52:41](#)):

I disagree. I actually love that. Brian, if you owe, if you own it and it's true, it's, it's wonderful to, that's,

Speaker 1 ([00:52:49](#)):

I think the, the owning it is a, it's funny. I think you need the language though. It's sweet. I agree. But I think you have to, I here, wait, I'm just an advocate for people not looking like a whackadoo because I think it's important in our business because I will, if I'm a, if I'm Mr. Joe Blow producer and I'm like, I'm focusing on my own expansiveness right now, it's so nice to meet you. I'm might be like, can you just use like normal words so I can understand what you actually mean? Because if you said to me, oh, you know what, right now I'm actually focused on really taking care of myself because this is what I'm trying to be really good in my work. Like if I'm giving some more, you know, otherwise it sounds like I'm just sucking on crystals right now. And I'd be like, okay, we

Speaker 7 ([00:53:21](#)):

Are not the same.

Speaker 1 ([00:53:23](#)):

I'm all, they're all kinds of crystals on my desk desk. I'm just, I'm saying, I'm just saying it would make me, you know what I'm saying? I

Speaker 2 ([00:53:28](#)):

Mean, you are right. I do lean into the woo. I do lean into the woo. But I agree, like you just said though, you know, I'm kind of, I'm focusing on myself right now because that makes me a better artist. It makes me a better human. Yes.

Speaker 1 ([00:53:41](#)):

It makes me the better. You don't gimme the why thing if you don't give the why. It feels, it feels like per, it actually feels performative. It doesn't feel like I'm,

Speaker 2 ([00:53:50](#)):

But you all get what I'm

Speaker 1 ([00:53:50](#)):

Saying. Yeah. We get what you're saying. No matter we get what're saying, I wanna make sure I made it for everyone in the audience listening. All

Speaker 6 ([00:53:55](#)):

Right. And I think we're in a very interesting shift in our culture that's moving away from constant productivity. It's actually we're starting as a culture to realize how important it is to take care of ourself and our mental health and our bodies. And that walking away from work is actually a huge benefit and really important. So I think we're in the midst of moving from doing, doing, doing. To be able to say, I am working on my expansiveness. And people being like, yes, that is, I agree.

Speaker 1 ([00:54:32](#)):

<laugh>, I so agree. May sound like I'm talking. Yeah. Heidi, I wanted to come to you for a second cuz people have to say all kinds of things and Yeah. Tell us how you connect

Speaker 3 ([00:54:37](#)):

To Well, I'm a doer. Um, I get things done. I work a lot and for me, like the last six months have been self-care and it's been, um, I have like scheduled what I call sloth time. I love sloths. I'm kind of obsessed with them. I got to go to Costa Rica this year and actually see them. Um, I need more sloth in my life. I'm the opposite of a sloth, right? Like I said, I'm a dor. I get things done. And that's one thing I've realized the past six months that I've, like, I need more sloth time. So I actually put on my schedule every day. There's 30 minutes and it, I write down sloth time, right? And as a reminder, this is right hanging on my light here. This is what I'm Costa Rica and it's my reminder. I have, I have to have my slot time. That means I'm not working. That also means I'm not on my phone cuz I work on my phone. Um, it means I'm not doing anything for anyone. I'm a mom, I'm a wife. Slot time is me time. It's recharging time. It's self-care time. I say this and my daughter is right there,

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Speaker 2 ([00:55:35](#)):

<laugh>

Speaker 3 ([00:55:35](#)):

<laugh>. Um, um, and it's the, the slot time is like so sacred to me now. It's, it's how I've gotten through the past six months cuz I've needed this time for myself. Um, you know, for with my business, with things that have happened with my life. I lost my father five months ago. So, you know, I need this sloth time more than anything else to recharge and to show up for everyone else. Cuz without it I can't show up and help actors.

Speaker 1 ([00:56:05](#)):

That's so great, Heidi. I appreciate you saying that. I appreciate you saying that a lot. I, I think I need to put some on my calendar now that you've said that. And I like the name too. <laugh>.

Speaker 2 ([00:56:12](#)):

You have to schedule it in or it won't,

Speaker 1 ([00:56:14](#)):

It won't happen. It won't happen, right? Yeah, yeah.

Speaker 3 ([00:56:16](#)):

You have to see the sloth. You have to go to YouTube to see this sloth and the microphone actually

Speaker 1 ([00:56:21](#)):

<laugh>. See both of them. Well, we only have a few minutes left here. So I wanted to give this the microphone back to each of you, uh, to be able to say anything else you want to leave our audience with as they're thinking about, you know, they're hearing this the beginning of February, right? They're thinking about the rest of the year. They're also, you know, on their way to an audition or as they're setting up their self tape. You know, what is something you would love to leave with the actors that are listening right now? They can be short and clippy or it can be like, Hey, I want you to hear this. Um, so that they can feel like, you know, uh, a better, you know, yes we call this a survival guide, but you know, I want this to be your thriving guide.

Speaker 1 ([00:56:53](#)):

You know, like what, what helps you really root in? I love that what we've got going on here. And I think I'll go first cuz it feels like the fair thing to do since you're all on the spot here. So if I was gonna say I want you to leave with anything is to that there are no rules that you know that that, that you um, do not have to be a certain way, do a certain thing, um, in order to take up the space that you're meant to take up or to be seen. Um, and I believe that, you know, y'all know that I'm, my background is also as a reverend and non-denominational reverend. And I believe that our purposes are given to us by something other than ourselves. And it is our job cuz we are the ones who are gifted to do that in the way that we are.

Speaker 1 ([00:57:29](#)):

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And there's no one else on the planet in this lifetime that can do that in the way that you can do that. And however that path goes, whether that's a series regular in HBO or the star of the next 20th century Fox film, or that your booking costars consistently or you are doing theater in your garage for your family. That that, that that purpose is being, uh, as you are fulfilling that purpose, the right things are falling into your path and that the right things that are happening are meant to be happening. And uh, and I'm gonna piggyback on one of the things that Joe said earlier, which is that only the present moment exists. Everything else is made up. And so in our present, in our presence, I think we can also remember, uh, who we are most ready to remember who we are in the pre, in the present moment. So that's what I wanna leave everybody with. So do that until June or July when I come back for part two of the, this, this is the rival guy <laugh>, who would like to share.

Speaker 7 ([00:58:21](#)):

I can, I can go, um, since you said my name, I feel like I have to go <laugh>. Um, I would not add anything then be you and figure out whatever is preventing you from being a hundred percent you, whatever's in the way of that. But there's nothing else to run around for until you are a hundred percent there. Cuz if you show up all of these things that you can do for your career, networking, social media, what whatever it is, everything, the tapes, the, the auditions, the headshot, the reels. I mean, there's so much to do and you are not a hundred percent there. Nothing's happening not to you. It's not happening. And the casting director or the director of the agent's side and not impacting when the story's out. So get you down a hundred percent.

Speaker 2 ([00:59:11](#)):

I love that. I love that. I can piggyback on that. You just inspired me, Joe, too, because, you know, I believe acting is when preparation meets opportunity and it's really about alignment. And that's one of my words for this year is alignment. And I talk a lot about being ready, you know, and being able to be you as Joe says. Like you can only do that when you're, when you are focusing on being in alignment, mentally, emotionally, physically, spiritually being there. Like know thyself, <laugh> know thyself, right? We tell, you know, we talk about wanting all these auditions and new reps and this and that, but you know, when we're coming at it from a place of scarcity or not really understanding who we are and what we really, truly want at a deep, deep level, um, you're not in alignment, right? But when you are, I think all those things that we want, right? All the experiences, love, relationships, success, money, you know, all that stuff can come to us when we are focusing on our health, truly taking care of our bodies, mind, body, spirit, like I said, um, surrounding ourselves with people that support us, that help us be better versions of ourselves. Grow into that fantastic version that is you and of course dream big and all of those things. But you will be prepared when you focus on being aligned and that's when you will call in all of those things that you truly desire.

Speaker 9 ([01:00:50](#)):

Great. Thank you Monica. It's so great.

Speaker 1 ([01:00:54](#)):

Elise, did I just see you straighten up? Uh, do go

Speaker 5 ([01:00:56](#)):

For it. I'll go <laugh>. You know, uh, I, I'll say a couple things and you know, uh, we might hope we might have to stay an extra 15 minutes once I open up this can of worms, <laugh>. Um, I I just wanna say, you know, there's a lot of hot takes

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out there if you're listening to this that are, that, that might be San and you might feel in, in alignment with about do not put a booking on your vision board or do not put a, um, um, uh, worry about getting an auditions or worry about stuff like that. And I'm here to tell you from where I standpoint, put it on there, put it on there, um, and go for that serious radio. Go for that CoStar, go for that recurring guest. Go for it and put it on. And don't let anybody hot take you out of that.

Speaker 5 ([01:01:34](#)):

Because what you really need to understand is what I'm coming from is learn how to quantify that success. Yes. Right? So did you get close enough to it? Did you get like this little thing here? Because I can feel like, and you know, Monica, that's my girl. We are woo woo. We can woo woo ourselves all the way down to the woowoo. But at the end of the day, I think it's okay to do a little bit of like, let me put a little business on this. Let me put this little sta on it and I'm really, really, really okay with that. But really at the end of it, say, did I get closer to this? Did I did I was of three months ago. You know, if you're that old, old saying, shoot for the stars and if you hit the moon, this applies here, but we're

Speaker 2 ([01:02:11](#)):

Down the drama. Yes,

Speaker 5 ([01:02:13](#)):

<laugh>, but if, but if we are out there just flailing and we're only, I think the best part about woowoo is when the, the six planets were all in retrograde and they were coming back around. You know what I mean? Is that we have some con we have some substance with it. And so that's why I want to like pair those two with it. I wanna also add, um, you cannot, here's, here's this for you, Monica. You cannot manifest from a clog portal. Make you cannot manifest from a clogged portal. Make sure that you are getting up and you are doing all of that stuff to make sure your day is set up, your weak is set up, that you are in alignment. You, if you are not, you will not get all that stuff like Joe said, be you can't do any of this stuff if you are not being yourself.

Speaker 5 ([01:02:49](#)):

And I would just say the last thing I wanna say is something is so hard for me to learn and I hope you get it. Is all of my actor pees out there. Please learn how to float. Please learn, learn how to float that when you float, when you're sitting in a pool, you're just, you've done everything. You've done all the things. Just float for a while. You're not allowing anything to come to you because you're like, what else needs to happen? <laugh>, just learn how to float in the sea. When you have done it all, it is coming. You just gotta float. Mm-hmm. <affirmative>. Float, float, float.

Speaker 10 ([01:03:20](#)):

Okay, great. Elise, you

Speaker 4 ([01:03:21](#)):

Wanted to share? Yes, mine builds right on everything Dewan just said, learn how to float. I love that one. Absolutely. Yeah. I believe you cannot miss what is meant for you, but you do need to show up and you need to get out there and give yourself permission. That's what I wanna say. Give yourself permission. I've been doing this myself lately and you know, I sometimes I, I was at a museum a few weeks ago and it was lovely. I was connecting with an old friend and he was there with a new friend. So I met this new person and this is the kind, his name is Shamor and Shamor is the kind of

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person who at the museum, if there's fun things you can do and interact with. He's like taking every opportunity and doing the picture here and holding the thing up here and creating the thing here.

Speaker 4 ([01:04:05](#)):

And I was like, oh, I wanna do that. I've never, like, I never give myself that permission to just be really, really playful and just go with my instinct and, and just let myself do what I actually wanna do. Again, so much of our conditioning, this is all Joe's work too. So much of our conditioning is like us stopping ourself from doing the thing. So in most cases, many folks listening to this, you actually can have the thing that you want, but are you actually allowing yourself to, number one, let it be your own way. Um, and like your path is going to look like other people's. Be okay with that. And the final thing around that is it life is an experiment. <laugh> like every, we don't know. All we have is the choice that's in front of us. So, so take the choice. Don't stop yourself from like, take taking the next step.

Speaker 4 ([01:05:00](#)):

Take the next step. Make the choice, take the next step. Make the choice, take the next step. And once, once you get do, once you get going with that, it's gonna feel scary, but then it's gonna feel in flow and you're gonna have fun and it's gonna be scary again. And sometimes you'll just float. But giving ourselves the permission to just play, to go with our instinct and to not be the person holding us back. I just want to share that with everyone. And I wanted to finally share just like one example of this in my day yesterday. Yesterday I went to the Warner Brothers studio tours and allowed myself to just be like a kid at the playground, planting my feet on the sets and just like letting myself be a tourist, but also be my five year old self having so much fun holding an Oscar, manifesting, taking a picture of myself with all these Oscars. So like if you, you know, allow, allow your inner child to come through. If there are activities you can do to get playful again, I urge you to do it because everyone's gonna have so much more fun and your presence and be attracted to you. If you're having fun,

Speaker 1 ([01:06:17](#)):

Thank you.

Speaker 1 ([01:06:50](#)):

Awesome, awesome. Heidi, what did you wanna leave people with today?

Speaker 3 ([01:06:56](#)):

I will leave y'all with a quote from one of my favorite humans, Dolly Parton, which goes, uh, along with a lot of things we talked about today. And that's, find out who you are and do it on purpose. You know, do it on purpose, on social media, on in interviews, in your networking. Be it, own it. Share that story with the world. Um, everyone listening, you each have a story to tell. Share that story, share it online. Don't be afraid to share that story and just share it on purpose everywhere. Love, because that is gonna be your secret weapon as an actor offline and online.

Speaker 1 ([01:07:32](#)):

That's so great. Thank you Heidi. Love that. Emily, how about you?

Speaker 6 ([01:07:38](#)):



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I would say one of the coolest things about being a creative is we get to create something out of nothing. There's this idea in our mind and whether you are a painter or a furniture maker or a writer or an actor, we create something out of nothing and then it becomes this tangible thing that goes out into the world and has an impact and moves and affects other people, which I think is just, it's so amazing that, that we all get to do that. Um, and you know, I love helping actors create their something out of nothing. They have an idea, they wanna create something for themselves. And I just have to share this cuz it was so powerful. Um, the last three days I've been teaching an intensive, like all day, every day, short film, lab intensive. And this one exercise just like broke everyone open in a, in a great way.

Speaker 6 ([01:08:41](#)):

So we were helping people who don't know what they wanna write about, identify what it is, what they wanna write about, and there's two questions that they had to ask themselves. The first was what you off? And the other was what breaks your heart? And it was just something about those two questions people had come in with sort of surface level ideas and light things and then all of a sudden were like, oh no, I'm throwing that all away. I finally know what I wanna write about and it's this deeply personal thing that I'm so charged up about. And it just was, they're really powerful questions. Um, so that was just what I wanna share. If you're thinking about writing something, if you're trying to find your way into a scene, if you feel stuck in your own creative journey, what you off and what breaks your heart are really amazing ways to reconnect with what you care about and use that as fuel to, to continue creating something out of nothing.

Speaker 1 ([01:09:44](#)):

I love that. Emily, thank you so much for sharing that experience of your group too. That's really helpful to us. And those questions feel very much about being interested and not being interesting. That sounds like it's very, we'll bring back to that. You are enough. So I want to thank my guests here today, Dewan, Emily, Joe Kelly, Heidi Dean, at least ars No, some people got last names, but they don't, they're all linked to in the show notes. They've all got wonderful, great gifts for you in the show notes as well that we've lined up for you. So I want to thank each of you for being here today and spending your time and, uh, we will see you again all very soon. Thank you. Bye.

Speaker 7 ([01:10:13](#)):

Thank you.

Speaker 6 ([01:10:14](#)):

Thank

Speaker 1 ([01:10:15](#)):

You so much. Bye.