

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

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

So Brian Breaks Character listeners. I am so excited to come to you today with these incredible guests. The reason why I wanted to bring these people together is because I know that they care so much about the actors that they work with. And I thought at the beginning of a year, what a be, what better time for us to kind of get what's collectively been happening? What do we foresee as we tap into this, you know, brain trust of, I would call intuition around the acting business and career and the craft. Um, and so I wanted to get us together to have this conversation, to kind of set the stage for what we see happening next, uh, and to get some people, to get to know each other, even better. So to get us started to kind of break the ice here, I'm gonna ask kind of a simple question. And so people can identify your voices, uh, is if you could travel to one place in the world this year, where would it be? And I'm just gonna start with Emily throwing your right out heat right now. If you could go any place in the world this year, where would it be?

Speaker 2 ([00:01:06](#)):

Uh, I have two potentials. One is New Zealand or Hawaii because my family wants to do another family trip. So wherever my family goes is where I

Speaker 1 ([00:01:16](#)):

Wanna go. I mean, both of them are amazing. I was in Hawaii when I got engaged PS <laugh> it was amazing. Typical play. I'm not talking about my engagement today. We'll save that for another day listeners. So we're just gonna move right on over that. Uh, Christine Horn. What about you? If you could travel to one place, Hey,

Speaker 3 ([00:01:31](#)):

Columbia is on the list this year. I love Spanish ESP. So Columbia is on the

Speaker 1 ([00:01:38](#)):

List. We are bilingual podcast today. I'm into it. I love it. <laugh> love Elise. Tell us where you would go. Okay.

Speaker 4 ([00:01:46](#)):

I really need to get out of this new England cold. So for me it would be Mexico. I really, really wanna go to Mexico and I've been seeing all of Christine's amazing pictures. Uh, she keeps going to Mexico, so, oh, we need to check that's it for me. Or I've been watching Stanley Tuchi touring through Italy. And so I'm really wanna go everywhere in Italy

Speaker 1 ([00:02:04](#)):

Too. I mean, shut up. Right. I mean, also I wanna just eat Italian food all the time. And also, I didn't know. I was using horrible olive oil after I was like, oh, I, my olive needs to be 650 years old. Jenna, do little. What about you? What's your place to go? Honestly,

Speaker 5 ([00:02:17](#)):

Brian, after the crazy past two years, I usually wanna go on an adventure, but I just wanna lay on the beach and read and do absolutely freaking nothing. So I wanna go to the British Virgin islands and just lay.

Speaker 1 ([00:02:30](#)):

Oh, nice. So good. What about you, Jo Kelly?

Speaker 6 ([00:02:36](#)):

Hello? Um, I want to go to Koa Rica because the weirdest reason my husband bought land there like five years ago and I've never seen it and it's on the beach and we've considered moving there during COVID to kind of have another type of life and we could do it. So I wouldn't

Speaker 1 ([00:02:56](#)):

See it. Oh my God. That's so wild. I love that. Um, how about you, Moniqua?

Speaker 7 ([00:03:02](#)):

I am sort of with Jenna. I actually did travel to Mexico a couple times during the pandemic. So now I really wanna go, like, I wanna go to like Bali, that's been on my list for a really long time. I'd love to just like lay on the beach. It's such a spiritual place too. Get a little surfing in a little hiking.

Speaker 1 ([00:03:18](#)):

Yeah, no, I was think Bly so far where you're like, I'm not gonna spend a weekend there. It's gonna be longer trip. So it's.

Speaker 7 ([00:03:24](#)):

Yeah, for sure. I went to Croatia literally right before the pandemic, so I've kind of like, I was like, okay, I wanna keep going. Like far

Speaker 1 ([00:03:31](#)):

Far. <laugh> got it. Deon. What about you? Bring us home here.

Speaker 8 ([00:03:35](#)):

Wanna bring it home with B boa? Uh, it's been my play, like it's on my, my screensaver. It's it's on my phone. You've seen it on my Instagram. I just really want a, a hut in the water. You know, this crystal blue water. Um, and I, this is a downer of you all. Unfortunately, the place I wanna go on Bora doesn't allow kids. Oh man. So my kids can't go with me. I don't, I don't know. I didn't ch I don't know. I just chose it. I just chose this one. <laugh>

Speaker 1 ([00:04:04](#)):

You guys can't sense? The dripping sarcasm. You can watch us on YouTube and look at de Juan's face when he said that it is amazing. I, I didn't even sure mine if I was, mine's like super lame because it's close. I am dying to see the sequoias and have been since the pandemic started and we just have never coordinated it enough and first coordinated it enough. And so I am so like drawn right now to be there. And so I know that doesn't feel that exotic, but that's one of the places that I'm, I really will make it a determined place to go this year. Um, so thank you all for sharing. We're all here together. So I wanna jump right in and start talking y'all it is like the third day of the year was we're recording this. I should just share that with everyone.

Speaker 1 ([00:04:43](#)):

Um, and the first question I wanted to ask you is what's the one piece of advice, you know, that you keep finding yourself repeating over and over in 20, 21, or even, you know, we've been through a big couple of years here. Let's just be very like, real about that. Um, I think in this group, what I know is there's a, a, a healthy dose of optimism and positive non-toxic positivity. What I know of these coaches who are here, which is being aware of our mental health and all of that. And yet we do find advice that we give over and over again. So I wanted to just kind of pop around to the group and see, what do you find yourself saying over, over again? And I see kind of a ready face on a lease. Can I come to you first? Elise?

Speaker 4 ([00:05:23](#)):

Sure, sure, absolutely. Um, so a phrase that has been coming up a lot in my coaching is 90% is showing up whether that's showing up consistently for your auditions consistently showing up for relationship building for yourself, for your selfcare, literally everything that you need, you stay, you know, continue up leveling and continue current in your work is about you showing up. It's okay to take off like a day here and there. But if you find that you it's really, like, if you're wondering, like why other people are experiencing a different success, different success than you always check in, are you doing exactly what your action plan is? If, if you have an action plan, are you doing the steps on that? If not, then like that's the first thing showing up for

Speaker 1 ([00:06:14](#)):

Yourself. Yeah. I love the way that, and you guys, I wanna make sure you gals full transparency. You can pop off those mics. If you ever wanna give feedback to what you're hearing or wanna add onto it. But one of the things I love about what Elise just said is, uh, what I always hear is, uh, I got an audition, I'm off and I'm excited at the same time and. What do I have to move on my schedule tomorrow? Right? And that, that, that chain that I think we're always trying to break through. And if you go to that place, that 90% is showing up, I have to show up, let me show up to what this audition is. Whether that's looking at the script or setting up my camera new or whatever that is. I, I really hear that through that. I see a lot of nodding heads from Moniqua. Moniqua. Do you wanna? Yeah. Oh, Christine, raise the, okay. I'll come back to Moniqua. Here we go. Christine. I was gonna

Speaker 3 ([00:06:52](#)):

Say what I love about that at least. And we're always on the same page and this is like, just checking your energy. You know, this is what you ask for. This is what you pray for when no one's watching at night, you know, like this is it. So when it shows up, like, but again, that's a whole, I know we can go down that whole mindset stuff with Juan and everybody here, like the thing you prayed for versus the thing showing up and what's happening in the middle. Once it actually happens. And that that's the real work I think, in the middle.

Speaker 1 ([00:07:19](#)):

Oh, for sure. Yeah. Moniqua, what did you wanna add? <laugh>

Speaker 7 ([00:07:22](#)):

Well, it just goes along with what I was gonna say. One of the biggest things that I say to my clients, literally all the time, every day throughout, like even years of working with people that perfection doesn't exist, that it is just like what Elise said. It's about showing up into doing the best you can with where you're at and that all or nothing, mindset will always leave you with nothing. All or nothing will always leave you with nothing. We try and do all the things and it ultimately burns ourselves out. And in reality, we can't do it all, nor should we want to do it all <laugh> I don't wanna do it all. Yeah. You know, and like every small shift, every small discovery,

every new positive habit you develop, it all matters. So start small, then do another thing and then do another thing and really slow and steady and consistent wins the race.

Speaker 1 ([00:08:15](#)):

Yeah. I love the way you said that. I also, I was just listening to, uh, podcast with James layer and atomic habits. Mm-hmm <affirmative> and one of the things he was saying is like, attach your habits to who, the person you wanting to become, not just to getting the thing done and it all me off. I'm just gonna be sure. Okay. All of it me off. There is no perfection me off. I just wanna be very clear <laugh> that all of this me off because no, because when I scroll my Instagram and there's that guy with a hot body, who's the same exact age as mine. I'm like, I should look like this. What do I need to do? What foods do I need to stop eating? And so all my distorted stuff starts and I immediately, so Moniqua, of course, when you say that, that's what I think of cuz you do that kind of work. And immediately I go, you know, that you're being like cuckoo crazy when you think that way, like, you know, that's not the reality. And so I sometimes think mindset is like wrestling yourself away from your old habits. Like just that's part of the craft. The craft of creating a new mindset is that, and I wonder if DaJuan, I'm gonna come to you as the mindset guy here. Just if you, what your what's your big advice you find yourself kind of saying over and over here,

Speaker 8 ([00:09:12](#)):

You know, one of the things I, uh, have been saying a lot is about, about authenticity and creating a plan that was a big, big, big deal for me for last year about, um, I think mindset has all of a sudden, as the mindset guy has got, has become one of these catch phrases, you know, mindset is everything. Make sure you do your mindset and work on your mindset. I don't think people really understand what it means to dive into your mindset, to dive into your manifested potential, to dive in and make sure you are always in alignment with that vibration match that Elise's talking about. We're calling in that, you know, Christine is talking about when something shows up, like, how do we calibrate great. This isn't exactly the way I thought it was gonna look, but this is what's here now. How do I sit in this destiny and move forward here?

Speaker 8 ([00:09:57](#)):

Because this is part of my manifestation part of my mindset. So what I've been talking a lot about over and over again in our pandemic year is creating a plan, an authentic plan. And when, because what happens is when people get those things that come in, those auditions, those self tapes, those things come in, they're like, oh, S H I T I'm trying not to curse this year. Oh Ron. You know what I mean? I know. Right? But here's the thing because, because we, as actors, we have been taught for so long that it needs to be organic. It just needs to feel our way through only, no, sometimes you need a plan. So when this thing, when, when your audition comes in, you know, a I'm gonna go here, I'm gonna call C coach with B. I'm gonna go work with, you know, Jo for this.

Speaker 8 ([00:10:39](#)):

See I'm I have a plan in place. And then if I have to blow the plan up, I can. Right. So an authentic plan is what I've been talking about for like 20, 21 feels like, okay, I, I know people are sick and things are going on, but I have the, at least I have this plan in place that authentic to me, it's not Jenna's plan. It's not Emily's plan. You know what I mean? This is Devon's plan and I know how to execute it. And I'll just say this. I did this just the other day when, um, uh, I had no audition to come in and I usually go to myself taping place because I like to work with them. I know that's what I do. And I couldn't do it anymore because of, I was like, oh gosh, what do I do? I can't go to myself taping place. And I was like, wait a minute, Devon, you have a plan. I was like, we, you

literally teach this. Like it just come, it came back and it gives you some sense of security. That was a long answer. But that's exactly an authentic plan is literally what I am. I am putting out there for mindset for everybody still moving forward. Yeah. Moniqua

Speaker 1 ([00:11:37](#)):

Raise her hand. I'm gonna come here. As you had something to respond to that. I love that Moniqua where you say, and

Speaker 7 ([00:11:40](#)):

Also the thing that I loved that Dewan said is that it can change. <laugh> your plan can change and shift with you with your life where you're at and all of those things. Like I talk a lot about rituals and routines. So I have a plan for when an audition comes in, of course. And also it can totally change with the tides. <laugh> you know, of my life and Justin, we get so stuck in those things like, oh, it has to be exactly like this. This is that perfectionism thing. It doesn't, it just has to E and flow. And it has to work for you. I love

Speaker 1 ([00:12:13](#)):

That. It reminds me also, cuz when you have a plan, I feel like it's so much easier to go, oh I can, if I move this, it actually is gonna work still as opposed to what do I do? What do I do? What do I do? Which the hands up. And the one thing that I wanted to underline that, uh, Dewan said a few times is the authentic piece of it. I think a lot of times we looked to others. What's their plan. What's the comparison plan. And I think that he just really gave us full permission to say yours can look different. It's okay for it to look different. Cuz what's actually gonna feel good to you. Jenna, do you ever wanna share me with us? What your, oh, I think I muted you and then unmuted you again. So that was fun. There you go.

Speaker 5 ([00:12:43](#)):

<laugh> I was just gonna share what's like authentically coming up for me right now is my heart is pounding in my chest. Sitting, listening to all of you, beautiful humans. And I just think it's, it's so interesting because I coach in a lot of the same stuff too, but you know, you don't ever feel ready. And I always talk to my clients about like, are you ready enough? Cause a lot of the times you feel like you're not ready and that's a conversation that came up and that just came up for me right now, listening to you all talk. But I was, what I was going to say is the one thing that I keep telling my over and over is you get to be an actor forever. Mm-hmm <affirmative> you get to do this forever. If you so choose so many people are just running and so scared and trying to make up for this lost time that they've created in their mind and trying to catch up to other people. And I just like to remind people that like you get to do this for the rest of your life and there's so few careers where that's true and that's just such a gift, I think.

Speaker 1 ([00:13:41](#)):

Yeah. That's beautiful advice. And also I'll just say when I, uh, uh, okay. Revealing moment when my, when I said yes to being married, um, the, what I, you know, whenever you have a boyfriend or you, whatever you're going along, there's still that tiny question. Is this the person sometimes it's way in the background, you know? And once the big change that came over me is once I said yes, like that question was like, oh, so disappeared. Even though I've been in love with this man for four years, it just so got quiet. And what I just took away from what you said is, you know, when we start to quit asking the question, is, is this going to happen? Am I being an actor? Am I going to make it when the question of like I'm an actor, no matter what, like the way you

embody yourself is just so different. I wanna come over to, oh, Emily's hands up. Let me come over to Emily. Go for it. Thank you, Jenna.

Speaker 2 ([00:14:26](#)):

I just wanted to add to what Jenna was saying about this idea of, of these should like making up this time. Oh, I should be in this place in my career. I should be here by I this age. And I think that sort of decision or that filter that we put on of, I it's supposed to look like this and it doesn't look like this creates so much pain in, in the person who's, who's comparing themselves to whatever their plan was supposed to be. And I think that also then leads back into what Moniqua was talking about of the perfectionism and the rigidity. And it should, you know, I think when we attach ourselves to should, it really creates a lot of pain, which is, which is self imposed. Um, so I just, you know, it just made me think of that, what Jenna was saying. And I think it's so helpful. Like I think each person here in the way that you work with people, part of what we do is help people unhook themselves from that idea of should and allow them to, to meet themselves where they are so that they can move forward. Uh that's all.

Speaker 1 ([00:15:31](#)):

Yeah. And did you already do your advice? I don't think you have yet.

Speaker 2 ([00:15:33](#)):

Have you? Um, no, I haven't done my advice.

Speaker 1 ([00:15:35](#)):

I'd love to hear yours. What's your, what's your, what's your

Speaker 2 ([00:15:37](#)):

Repeatable advice? Um, so my advice is, is pretty tangible. <laugh> great. It's uh, so, you know, I work with actors mainly who want to write a screenplay and the biggest struggle that I see them have is doubt is my idea. Good enough? Is it enough for an entire project? What about structure and what, what about plot points? And there's this sort of this doubt that they can't, or it's not enough. And you know, the advice that I find myself giving again, and again, is, don't worry about if your idea is good enough, really worry, uh, not worry, but focus on, on if your characters are compelling, if you have compelling characters, all of those other things are tools that you can then apply to it. So I think what I see people is focusing on the wrong things. That actually aren't the, the thing that's going to make their idea. Good enough. It's really a about investing in these deep, rich, compelling characters.

Speaker 1 ([00:16:36](#)):

Wow. You know, I loved what you said that because it connects to what you said earlier, which is that we use these things as like self hatred or ways to hurt ourselves. The shoulds as rigidity, because you can see is my D enough is my D enough is another way of saying, is there okay for me to play small? Can I back off on this? Is there a way out, can I find a way out here? It's like a trapped or to escape almost Moniqua. I saw your hand up. I'm gonna come do that. I'm gonna come to Christine.

Speaker 7 ([00:16:56](#)):

I just wanted the shoulding. You guys <laugh> stop shoulding all over yourself. Okay. Just stop. Should a Ko whata either do it or don't do it. I mean, that's really it. The shoulds will keep you small will keep you stuck forever. Yeah. You know, it's start before you're ready because we're never gonna feel ready. And just like I said, take the small steps. Just take the tiniest little things. When you feel those wins, everything will start shifting, you know, but please stop shutting all over yourself. <laugh>

Speaker 1 ([00:17:30](#)):

That should comes from without I always say it doesn't come from within, right? I mean, someone listening from a, without Christine, I come over to that wise face. I see over there.

Speaker 3 ([00:17:37](#)):

I just wanna say, I hope y'all download this episode. Cause this

Speaker 1 ([00:17:41](#)):

Old

Speaker 3 ([00:17:42](#)):

<laugh>, there's so much goodness and power in this freaking room right now I'm honored to be here. Um, the advice that I'm always giving out is advice that was given to me since I was in high school from my mentor, Freddie Hendricks playful out. What I see often when I work with people is half-ass in it. Assuming we know that you can do it when you're not showing us, you can do it. The script says this woman has lost her husband or has lost her child and you ain't giving none of that. And you think we're supposed to know that you can do it on set. No, boo ha ha playful out and high school. You know, when I was on tour, this theater in high school, we were trained. We go to sound check and we thought it was cute. <laugh> I'm gonna save my voice. He said, uh, save your voice for what we at sound check. How is the sound engineer supposed to know what you gonna do when the show starts? If you don't show up and playful out in rehearsal. So playful out IST. No, I always give, I love that. And people think, I know y'all oh, no people think they playing full out until they see what full out looks like. And they're like, oh, oh that okay. Yeah. So that's yeah.

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

I love that.

Speaker 3 ([00:19:01](#)):

And you know, I would love put that on the times. Yes. Yeah.

Speaker 1 ([00:19:04](#)):

Down times square aboveboard for sure. Play out. And part of what I get from what Christine says, and I don't know if you guys have found this is because we were already like, so of tape auditions were kind of happened in 2019. You didn't have to go in for every audition in 2019, but 2020, 2021 happened. It's like, okay, maybe you'll get one. Every three months, you'll have one that's in person or in some way or another. And I think that has just lend us toward this trend trend, which is, this is an evidence based business. Show me, you can do what you say you can do. I'm not gonna believe you. And the person who shows me they can do it is gonna get the audition is gonna get the call back is gonna be call back again is gonna sign with the manager agent.

Speaker 1 ([00:19:37](#)):

If I'm not gonna believe you, unless I see it anymore. So like, it's great that you have UCB and ground links. Can you show me that you do funny cuz I need to see it on a tape. You don't have a tape. What do you not have a phone? What's going like, that's not to say that having a phone is not a privilege, but I'm just trying to say, that's the kind of the word old that I think we have moved into is having so much more evidence based. And we wanna see that you can do what you say you can do.

Speaker 3 ([00:19:58](#)):

And, and if we can get real, the real issue is a lot of us don't believe we can do it at all. So they weren't

Speaker 8 ([00:20:07](#)):

Ready for that. They weren't ready for that. <laugh> too early.

Speaker 3 ([00:20:13](#)):

He started. That was not on

Speaker 8 ([00:20:16](#)):

Your, but that is, that is so serious. And you know what I was thinking about this, Christine, what you were just saying is it's a bit of a, it was a, it was an epidemic. We'll call it. I know we're in a pandemic. Can we call it epidemic? But it's a bit of a thing that we used to and we all know this actor that used to be like, I'm a, I'm a get on my second, go at it. Right? I'm gonna go in the room and I'm gonna warm up into it. When I get another take of it. When I get, take two of it, this world we're in right now is all about these are these self tapes are, take one. These self tapes are your workshops. You know what I mean? This is the work session. The director session that you are putting forward right now.

Speaker 8 ([00:20:52](#)):

So you need to play out. We don't need to save it for the call back. We're not gonna save it for the producer session. It needs to be, I am going to light this thing on fire. I'm gonna light it on fire and I'm gonna send it out. And whether I book it or not, that has nothing to do with me because not always the best person. Hello? That is very true. We don't wanna keep it real. But so I am with you, Christine. Like everybody needs to play full out. I don't even say we should think of 'em as self tape auditions anymore. These are work sessions because you are putting your best session on tape, your best session. So you, if you are not playing full out,

Speaker 1 ([00:21:28](#)):

Make it easy for them to hire you. Yes. I wanna, you know, Jo, I'm sure Jo is gonna have a lot to say here, Jo. Tell, tell me what, tell me where you are. What's your advice that you're,

Speaker 6 ([00:21:36](#)):

You're saying over? Well, first thing that I wanna say is I wanna sign up with everybody here, right? Christine, definitely a wonderful room. Thanks Brian, for curating these incredible human beings. Um, what I repeat all the time, which is completely in line with what you guys are saying is that acting is the art of being fully alive. No, one's gonna teach you that because you have your own way to be fully alive, right? There's no technique. There's no method in any art. A masterpiece does not come from technique. It does not come from a method in any discipline. So what are you left with? You're left with really, really cultivating you and really, really undoing.

Whatever is preventing you from being fully alive, which is your conditioning, which is your shoulds, your resistance, et cetera. But basically you are, we don't use human enough in our community. We, we use you are human enough. So it's not about being good enough. It's about being human enough. So yeah, you don't need fixing. You don't need teaching what you need just to be fully you fully alive. Yeah. And I cannot stop repeating

Speaker 1 ([00:22:58](#)):

That. So Jo, I wanna ask you a question cuz I can see for many people that may be confronting, what are you talking about? I need to know where the com, where the joke is here and where the commas placed in the script and I'm supposed to, there's a dot da and there's a dash. Where does that mean? Those kind of understandings for you? And I wanna open that up for the other acting people who are coaching actors too, in that way. Can you help us understand that?

Speaker 6 ([00:23:18](#)):

So which part do you think is, is the confronting part?

Speaker 1 ([00:23:22](#)):

Well, if I was looking at, you know, okay, you're going in for, um, uh, sitcom, situational comedy, where the jokes are strongly written. This is, is where the turn is. This is where the joke they supposed to laugh here. Da, da, da. And I, and I was really trying to go with the there's no method. It, you know how you paint with yellow is the same is how you paint with blue. There's no, you have to do a figure. Mm-hmm you'd have to take figure drawing before you paint a masterpiece. If I was going with this and I'm really drinking it whole cloth right now. So I know that I know that's not the entirety of what you're you you're Jo, right? So where, where do I, where do those two things intersect for me to honor honor the piece? I

Speaker 6 ([00:23:55](#)):

Would say totally. Well, the, the way that we are being brought up and then the way that we are being trained as actors is the focus. Only on the fact that there is a result that's needed. And if you do that, you're focused on the outcome. You're focused on pleasing. And if you come from that energy, if that is your engine, I'm not gonna curse, but you're. <laugh> because you're not because you're not present. Yeah. You're present to what other people want of you. But you are not there. You are trying to manipulate the next moment, the, the result. Mm. So if you're doing that, you're not there. So your original, your, your, your raw material, the only ingredient that matters for you as an actor in this type of art, you are the instrument. If you are not there a hundred percent alive first with your raw material, what can you do?

Speaker 6 ([00:24:58](#)):

You can only, you can only be delusional about trying to manipulate the outcome and, and therefore you're not there. So of course there are things that are going to, that's gonna be direction and things that need to be hit. And unless you are there, you cannot authentically go back to the one. You cannot authentically meet those things. And not in your unique way, you cannot make a difference. You cannot stick out. No, that's not the expression in English. Right? Stand out, stand out. Is that the expression? Yeah. That's right. Yeah. Both works to me. Um, yeah. So, so

Speaker 1 ([00:25:40](#)):

Yeah, I mean, what I'm taking from it is you don't transcend the material. The material's more important than you. The material becomes more important than you because you have not fully

Speaker 6 ([00:25:47](#)):

Shown up inside of it. But again, we've been, we, it's not wrong from actors to do that. We've been trained this way from the very beginning, we've been trained to feel like others. We've been trained to think like others to behave like others, et cetera, to do everything to fit. And if you're not a dentist and you're an artist, the only thing that people want from an artist is for you to not be a like others, but to actually be your authentic self in a free way, in your own very specific way. So if, if you're gonna put your attention on exterior things like, oh, this, this teacher said that, or this method says this or this technique says that you are walking away further and further away from who you are. The, the, you know, proof of that is all kids are incredible actors and they've never taken a class. Right. And then if you just Google the, a list, actors who had met, never taken that class you'll fall off your chair. Right. Because basically most of them

Speaker 1 ([00:26:50](#)):

Haven't. Yeah. Right. So the it's a really great way you say, cause think it leads into kind of this next place I wanted to take us kind of as a group, which is if there was a, cuz it, these are what you're describing as habits that actors might have picked up along the way, or even trends or full mindsets, they've picked up a long way. And I wanna check in if there is a habit that you specifically discovered during the pandemic, that you're gonna continue to bring into the new normal, some of the like suddenly, oh, you weren't aware an awareness you brought up or some that was new for you or that you've noticed in the business that you wanna continue to bring through through, you know, 20, 22, even though we know we're not for fully through this thing, I know we're, we're gonna be real. We're not gonna pretend that it's all done here, but as we're, you know, praying and holding the space that we're towards the end, praise be please, or things are gonna change. Right. What's something you're gonna keep doing. Um, who wants to go first? Just raise your hand at me. Okay. Christine's up there. Here we go. Christine, go for it.

Speaker 3 ([00:27:41](#)):

The thing that came up for me play play, and I talked to Dewan about this on his podcast and his season finale of his last season. You know, especially being in the space of a working actor, a coach where I'm so used to having graphics and websites that look flawless and not leaving room for the artist in me to play. Like that has been a thing that has become top priority since last year. And I tell my husband, I tell my friends, like I'm playing, I play now, I'm playing like, and I'm not beyond auditions just at home. It's part of my practice. I did artists way with, with, um, Elise and Dwan last early last year. And that's something I'm, I'm carrying over. And I, I preach it to my, my own clients. Like, and for me play looks like writing play looks like dancing around the house. Play looks like TikTok and Instagram reels for no reason. Other than I'm Amus, I'm

Speaker 1 ([00:28:37](#)):

Amused, amusing yourself is what I'm hearing you say, Imus.

Speaker 3 ([00:28:40](#)):

And I was six years old living in the Bronx, in the room by myself, talking to myself animals. And y'all get to take that away from me because I'm an adult. You know what I mean? Like, so that has been my word, play, play, play, play.

Speaker 1 ([00:28:52](#)):

I love that. You know, what's so when I work with clients, sometimes we work on this wheel of life and one of the slices is fun and recreation. And most often that is the one they're like, wait, that's something I should think about in my life. Fun and recreation. Wait, I, when I go to Disney world, that's when I have fun. That's those are the days, those, one of those every three years, that's it. Right. Right, right. Thank you for that. That's great. Um,

Speaker 2 ([00:29:10](#)):

I just wanna chime in Christine. I love your Instagram videos with the casting director. Is it Veronica? Oh, or no, those are two different charact. Okay.

Speaker 3 ([00:29:21](#)):

Veronica is my inner critic, my inner that's right. That's

Speaker 2 ([00:29:24](#)):

Right. And then the one has Bruce. I remember the critics names. <laugh>

Speaker 3 ([00:29:30](#)):

KA Americas, the whole, um, she's she's coming back by the way. Miss pilots, Emily. Why do you,

Speaker 1 ([00:29:34](#)):

Why do you remember our critics names? That's so awesome. Do you remember our Bruce and Veronica? Cause your acting is so good because you're acting, you are

Speaker 2 ([00:29:42](#)):

Full out, very memorable. Intact.

Speaker 1 ([00:29:45](#)):

It came back. Yes. Yes. Elise, what did you wanna

Speaker 4 ([00:29:48](#)):

Say? I saw your hair. Oh my gosh. Mine is so in alignment with Christine, because for me, um, since we did the artist's way last year, it's been a year of healing and self-care um, I got into therapy for the first time, really worked through the that was holding me back, which was really deep-rooted and I'm gonna keep working on that forever. And um, so for me this year, I feel free enough to play. So my, my word for the year is playful. And um, so, so self-care is the that I never did before the pandemic just never did it always running from here to there, um, driving all over the place, always in travel, always in action. Thinking like being a workaholic is the way, and it worked for me for a while, but really having this time in pandemic, it, it made me really get clear on why the things I wanted to happen that were not quite happening.

Speaker 4 ([00:30:43](#)):

And it was a deep rooted thing where, um, someone said, uh, earlier cultivating you like that, I'm just starting to do. But realizing that literally Lee's like knew what was up. And like, I had such a full life in my bedroom

growing up. And so now the things that I've discovered through the artist's way, like learning that I like to paint, playing around with music. Um, I, I really wanna create something every day. And that started with like an Instagram reel that I did last night, no judgment. And I have so much fun when I create things and it's just for me and I love it. And I finally, I'm a recovering people pleaser. So I'm finally realizing like, that's just not, we're not doing that anymore. It's okay. Like I, I keep dealing with it, but it's so fun to please myself. And it's so fun to just create these things that just bring me joy.

Speaker 1 ([00:31:40](#)):

I love that. I just wanna say just as the excuse me witness right now is like, I feel very inspired by what everything that you're saying, because play was not on my list of things and it is so nice to hear people who I admire and also look up to, to hear you say something so vulnerably about one of the places you're looking to grow. And it just gives me so much reassurance that it's a okay to not be confident every second of every day. And I hope that everyone's kind of that's transcending anyone who's listening to this is that everyone is having their own stuff going on. And that just the permission slip that you're giving me just by saying this right now, I saw Emily's handcuff. I'm gonna come over to you, Emily. Oh, I'm muted you. That was my fault. I'm an idiot. <laugh>

Speaker 2 ([00:32:24](#)):

Not an idiot. Thanks. Um, I need the number to Eli's therapist. <laugh> cause

Speaker 4 ([00:32:32](#)):

Happy I refer like everyone to,

Speaker 2 ([00:32:35](#)):

I tried to get a therapist and none of them emailed me back <laugh> they weren't the right one.

Speaker 5 ([00:32:40](#)):

They weren't the right being

Speaker 2 ([00:32:41](#)):

Busy. They're being busy. They're just not your people. Exactly. Yes. Um, actually I'm feeling myself getting really emotional. Um, I think what everyone is saying is really resonating on a deep level. Um, I love to play and I'm still the recovering workaholic I'm at right now. Um, so I'm trying to be very mindful this year of not approaching my work in the same way, because it's, I'm a very, and I think Moniqua and I have talked about this in the past. I'm very all or nothing and Moniqua's exactly right. It leaves you with nothing. Um, so I started the artist's way. I was getting so excited hearing everyone talk about it. I've been doing it a couple of weeks and already, I just feel such a, it really does connect you to that creative part of yourself. And it's really been opening up some things for me. So I didn't really know how I was gonna answer this, but I'm gonna just adopt has been already said like, what I will be taking forward is really making that time for play because I love to play. And that for me means fun and friendships and creative fulfillment and all of these things that I feel have been really hard to have, um, in the pandemic. And we recently, so we have no community here and it's just been very isolating. Um, so I'm really excited to see what my play is gonna look like this year.

Speaker 1 ([00:34:10](#)):

I love it. I love it. Uh, yay. Jenna, do you wanna share with us what your habit you're taking in that you've learned from this wild time?

Speaker 5 ([00:34:19](#)):

Yeah, it's interesting. Let's listening and I'm so moved by all of you guys sharing. Um, it's actually made me allow myself to be more present right now with you all in this moment. I've just had an year of so much pain and loss of I'm being totally honest with you like sickness. And I couldn't go at the speed that I was going before. I just like, wasn't gonna be able to you maintain. And because of that, I like learned so much about failure and like allowing myself to fail and letting growth come from that space. Um, recently at the end of the year, I took a creative writing class and I was, you know, it was something totally new and I forgot how fun it was to be new at something and to fail and to like have all the wrong answers and how great that was because I, I just was learning and I was excited about something again.

Speaker 5 ([00:35:13](#)):

And I think for me, I put so much pressure on myself all the time in life to kind of be, um, so much for a lot of people and say, you know what? You just need to be enough for you right now. And if you don't reply to that email, the world's gonna go on the people who love you are still gonna love you. Right. And that was the big, big learning lesson for me. So I think the habits are like self care. Like at like I went back to therapy, you know, really taking care of myself first and, and allowing myself to do that and allowing myself to fail at the things that didn't matter and to grow from the failures that I had, um, in other parts of life. Yeah.

Speaker 1 ([00:35:51](#)):

That is so good. Thank you, Jenna. That's a good one for, I think everyone, cuz I think we all like failure move on to next. You move on to next. Instead of like, you know, I think failure slows us down because like oftentimes depression sickness slow us down. I'm not saying depress is what you were Jen. I'm just gonna use that word right now. They slow us down. I think so that we don't miss the learning we're meant to have in that moment. Don't rush by this. You gotta pick up the learning here. Like slow your. Like you, this slowed you down for a reason. Like body slow down. Don't miss this. Don't take your health for granted. Don't take this moment for granted. Whatever. It's not always health obviously, but that's, I think that's a piece

Speaker 5 ([00:36:23](#)):

Of it, but like time and also just, you know, making sure that the time that you do have in your life, that you're using it in a meaningful way, even sometimes fits painful sometimes like leaning into that pain and, and allowing yourself to have greater meaning. That is something that I took away from this year.

Speaker 1 ([00:36:40](#)):

I love that. I love that. Moniqua. I see your hand up. I'm gonna come over to you. I saw you waving too.

Speaker 7 ([00:36:44](#)):

I was just saying, I just so agreed with what Jenna said, because I always say this a lot to my clients because obviously we dig deep, we lift up the rug, we look at all the dirt underneath because that's where our beliefs are. Things that are keeping us stuck are hiding and you have to get comfortable being uncomfortable. Like that's, that's where the growth happens. That's where the magic happens. You know, we have to be able to stay there and it's very hard for most of us because that's where we cover up. We cover up, we stay really

busy. We do all the things right until our body tells us enough and you know, makes us sick or you know, whatever, we, you know, have an anxiety attack or whatever. But those things are huge red flags of your, your life, your body, your health, everything being like, Hey, <laugh> pay attention. Yeah. Pay attention. And sometimes like you said, it, like Jenna said it so beautifully, like it's uncomfortable. We don't like to do it. But that's it's in that discomfort that the most progress is made.

Speaker 1 ([00:37:50](#)):

Yeah. Is this connect to the habit you wanna bring into the next? Sure. At all, not at all. You know, it could be different. It's okay.

Speaker 7 ([00:37:55](#)):

It's, it's, it's all connected. I mean, we're all, I mean, I echo what everyone was and Christine and Jenna, like, I'm so honored to be with all of you and we're so of like-mindedness in, in how we coach, how we approach this industry, how we approach everything like our instrument, Jo, you and I are so on the same page. Like this is it, this is the thing <laugh> right. But one, I think the thing really worked for me, which goes back to the play and finding the joy again was, you know, I've always been a big proponent of rituals and routines. Obviously I've talked to, you know, the actors operating system, people about that and things like that, but even more so creating rituals and routines about around my acting around myself taping. So my plan, if you will, Dewan is, is loose, but it was about how do I make this super fun? How do I create a ritual that literally cues my brain, that it's time to creative, that it's time to have fun that it's, you know, time to kind of look at this with a beginner's mindset, you know, to, to just be curious. Yeah.

Speaker 1 ([00:39:06](#)):

I love that. Yeah, go ahead.

Speaker 7 ([00:39:09](#)):

Oh, I was just gonna say so. So that's what really helped me is I had all these, you know, morning rituals and evening rituals, you know, ebb and flow of course, but really creating these things that, that made me excited about doing the work again and being joyful about it. Yeah. Yeah.

Speaker 8 ([00:39:25](#)):

It's awesome. That's awesome because we forget that, right? Yeah. Because we forget that in our pursuit for more right. We forget that.

Speaker 1 ([00:39:33](#)):

And I think one of the, we need to say that again, get to is joyful and our pursuit for, I think our ambition overwhelms our ability to have fun sometimes. Absolutely. We are thinking about the next job you're booking, not the audition you're on right now. Not the acting you get to do. That's right in front of you. It can so much. And our ego, right. Our ego gets in the way a lot.

Speaker 7 ([00:39:51](#)):

And we forget that life is meant to be joyful. Life is meant to be good for us. Life is meant to be joyful. And joyfulness is different from happiness. Happiness is external. Joyful is in your heart. Joyful is what you carry in your soul. And I know Jo, Jo is gonna add on to this

Speaker 6 ([00:40:08](#)):

<laugh> yeah, yeah. I just wanted to say also the, the fact that we forget it is that in our culture, in our conditioning, what comes with is hard work. And if you are in a hard work mindset, there is no place for fun. Right? Mm-hmm <affirmative> the access to what you want is can be very different. Yeah.

Speaker 8 ([00:40:31](#)):

Or I, I, what I also like to say, say, um, and I, I get this lot is they get their, a mixed up, right. It's ambition and allowing, just allowing all that stuff to really come to you because we put in so much work, you know, I've heard a lot about the play part of this. Right. Um, and I like to always think about it with my, my tribe, people we talk about, uh, if the train gets derailed, we must believe that we can put it back on its track. Right. So when I talk about a plan, it's like, well, I, I already missed a, so I'm not gonna go to B, right? It's like the plan's over. No, if the train gets derailed, we must believe we can put it back on this track. Now, one of the LA other things that we wanna talk about this train metaphor is remember that the last stop on and this brings back in what you're saying.

Speaker 8 ([00:41:18](#)):

Um, uh, Brian and Jo, the last stop on the reversal, the last stop on punctuation, grammar, the last stop on some other teacher's thing. What, you know, Christine is like go study with all of them. The last stop on all of this is you. The last stop is bringing you back into all of this. The last stop after I heard you tell me that I need to build, build, build, do here and reverse and do this is going back to you. So when we're talking about that, I say it on, on my plan is now everything I've told you, throw it out the window and play trust that it's gonna be there. Yeah. Trust that. When, when Christine tells you to step into your new character's skin, like after that, you get to play you in that, right? You gotta bring you back in that.

Speaker 8 ([00:42:03](#)):

So for me, it's last stop. It's play live be you that's the last stop on there. And if we're talking about the habit that I wanna bring in for Dewan community, <affirmative>, I won't say that I took it for granted, but I took it for granted. Community is one of the things that I have found during this pandemic that I need, that I am get emotional Emily about really the, um, because we're so high achieving, we attract, we're sitting in our offices and our spaces. Now I know that I need to have you all over so we can sit in person once this settles down and we can see each other and feel the energy that way off of a dinner. Right. And break bread with each other the way they did it back in the old din days, BC before COVID. Yeah.

Speaker 8 ([00:42:56](#)):

Yes. And so that's what, something that I'm taking into this new step and taking care of myself. I guess the mindset guy forgot that along the way where I had to be told you have to go, my family sent me away. <laugh> you know what I mean? They literally sent me away to go stay in a hotel. They were like, you need to go. It's not working anymore. Yeah. You know what I mean? Because we have to take care of our ourselves. So all of that is what I'm taking into this year. Sorry. No, I love it.