



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

00:00.00

BRIAN

Sam so don't get weird. Okay, um, hey guys I'm so glad you're back. So today I have on my podcast she we might as well call her a regular at this point I have the very wonderful Sam Valentine of the one broke actress podcast and platform. Um, and she's been on the podcast before in in that setting. She was kind of like a client and we were working through something but I really wanted to get on here and just shine a bright light on her and hear what she's up to and then also I mistakenly mentioned that I talked to a pet psychic a couple weeks ago and so we're probably gonna have to spill the tea on that conversation as well. So please. Let's jump into this conversation. Sam welcome to the show. So just in case, no one knows you who is listening right now which would be in kind of in crazyze now shit I use that word wild is the word I want to use. Okay, we go so ah. So just in case, anyone who's listening is not familiar with you sam can you share a little bit of but of your story and what it is you do and then we'll jump into talking about pet psychics which you know that's what Brian breaks character is all about.

01:26.51

Sam Valentine

Yeah that's that's really what I'm here for ah so Sam Valentine Actress based in Los Angeles I've been here for almost eleven years which is crazy and I started the platform one broke actress it was originally a blog and then but also became a podcast and now it's. Pretty bump and Instagram and Patreon and workshops and so much fun stuff. But it's all about sharing the active day-to-day life of working actors because when I started this ten years ago it felt as though no one was really talking about. The times when you weren't booking or when you couldn't get an agent or it felt like the people sharing their stories were really really successful and that bothered me and also made me feel like the other like I felt like I was the exception to every rule but it turns out I am one of the many of the community and so. Platform started as sharing that day-to-day life and it's expanded so much and as has my life and I'm also a podcast producer and I'm a dog mom of 3 I'm a wife I am just living my living my best life in Los Angeles

02:34.96

BRIAN

Oh I love and sam wait. Let's sorry I talked to you I don't think you're a wife yet I mean we've talked but not on the podcast. We've talked obviously yeah but I oh so wait and I oh and I was not a fiancee that's Craig wait and wait. Can we just have a moment for did you or do do not have 3 wedding dates.

02:38.93

Sam Valentine

We I wasn't yes correct and you weren't a fiancee.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

02:51.46

Sam Valentine

Yes, we finally got married on our third wedding date in September which is we just snuck it in between delta and omakron. We really just like just got it in there. It was it was stressful but we did it 37 people no one got covid best day of my life. Yeah.

02:59.70

BRIAN

Yeah.

03:06.88

BRIAN

Ah, ah it was it was it a great day. Um, so glad and you got married in a different state where beautiful. Yeah, their pictures are beautiful. So if you have one goes ever go toer get Instagram yet to look you need to look so Sam let's get started.

03:10.92

Sam Valentine

Hands down tiny little mountain town called Solida in Colorado. Yeah, thank you.

03:23.89

BRIAN

Let's jump in and then if pets like stuff comes up later. We'll talk about it later. Everybody will just tease them with that for now. Um, so yeah, like you said 1 broke actress in what you do has expanded and I'm really excited to talk a little about that more so one of the things that I know is that people react so wholeheartedly and authentically to the presence that you create on social media. And what I see in that and you can tell me if this feels right to you is just a willingness to be seen to be honestly seen and so when you talk about like I wanted to show the life of a working actor day-to-day up down in between all the things that are happening. What has it been like for you to kind of bring this other third eye.

04:01.61

BRIAN

What you see inside of like I'm gonna make sure that I'm sharing with other people. What has that experience been like for you.

04:40.51



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Sam Valentine

You know it's been freeing in a way that I didn't think was possible when I first started one broke actress I assumed like 2 extremes like people are gonna no one's going to see this It's just gonna exist and I'll just make it originally everything was private. I was sharing them on Facebook which tells you how old it is and it just existed in its little corner and it was just cathartic. It was kind of like a live journal if you nobody remembers live journal and as it morphed into what it is now there were points where I went to the other extreme which was. Holy shit what happens when someone sees this who disagrees with me who's higher up in the business than me who devalues my opinion. What am I doing putting myself out there and I had to have a discussion with myself and several people along the way about the term one broke actress I have people who have told me oh you're.

05:31.76

BRIAN

Um, yeah.

05:36.30

Sam Valentine

You're manifesting brokenness and one they're not in on the joke because I think financially spiritually physically mentally all actors have been broke at some point and I think that just putting a name on it and moving past it.

05:47.17

BRIAN

Yeah, yeah.

05:54.41

Sam Valentine

Is humorous. It's funny. It lightens it and it makes it so much easier to live with so it freed me up to talk about my career to call myself an actor even though I wasn't booking to to talk about the struggle of not getting an agent even though I'd been at this for 8 years to whatever it was. It's given me a lot of space and in essence I've helped it helps me find myself which is really fun because the platform is just developed as me. You know there's times that I of course I have guests on and there's other stories and everyone's ladder is different but as I've found my voice and myself. It's only helped my acting career.

06:30.15

BRIAN

Yeah.

06:32.10

Sam Valentine



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Because now I can tell you who I am on camera way way more than I could back then when I was just trying to be whatever a breakdown was.

06:37.91

BRIAN

Wow wow! So there's so much in there I want unpack I want to come back first I want to really let's spill the tea on the calling of the the name so you're and most of what you're talking about here is your podcast because that was the first thing that like tiptoes its way out into the world right? That was the first thing.

06:44.78

Sam Valentine

E t.

06:50.29

Sam Valentine

Yeah, yeah, the blog technically existed first but the podcast took off at a much faster pace.

06:55.70

BRIAN

God okay got so the blog right? So the blog is what you were sharing on Facebook that's what you were talking about and then the the podcast. So anyway I so let's go back. Spill the tea a little bit on the shade. You've been given about your the name can you give I don't want to name any names but can you give like a little bit of like what people have said can you share a little bit about that.

07:08.85

Sam Valentine

I Will oh yeah.

07:13.99

BRIAN



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

And I'm not doing this way I want to make sure everyone here I'm not saying this to be gossipy I'm actually saying because I think there's a really great perspective to grab on here around I put in this quotes around haters around naysayers because we can make such a huge hundred person chorus of people saying don't do that go small. You did this wrong? Don't take a step forward. And creative people are challenged by that day in and day out. But when it becomes manifest unless someone actually says it to you. It is such a for me. It's always been terrifyingly harrowing experience when someone was like you did this wrong. That's not the way to do things and you're like well I need to find myself something I'm like disoriented to find myself again. So can you are you? okay to share some of that with us.

07:48.70

Sam Valentine

Yeah, absolutely you know I love it because it's such. It's such a normal thing. You cannot put yourself out there in this world if there's anything we learned since the 16 election is you can say anything in this world and someone will disagree with you.

07:50.64

BRIAN

Of course you are because you're sent valentine. You're hitched everything Great Yeah yes, yeah.

08:04.80

Sam Valentine

You can say the Earth is round and someone will disagree with you like if that's the basis. We're working on now we should all just understand that you're never going to be quote unquote right? All of the time I exist in a really good perspective where ah, most of the people who follow onebroke actress and who have been a part of the community are people who are very very very supportive.

08:11.14

BRIAN

Yes, yes.

08:23.84

Sam Valentine

This is why I don't call people out is because I know my people will come for that.

08:26.65

BRIAN

You've got a whole squad of people who are gonna go after any of that got right? So that not being the point here truly just.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

08:33.94

Sam Valentine

Yeah yeah, yeah, I remember the first time.

08:45.82

BRIAN

That herring unique experience of having it had said to you or I.

08:52.96

Sam Valentine

So I did a bigger project where I was the lead before the pandemic and I don't think it ever came out because of the pandemic. But I the producer slash director called me into his office one day while we were filming and he said. I would need to talk to you about your one broke actress and I know because because here's the thing you just know when you I'm I'm a vibe breeder and when I meet someone I can be like I kind of think you're full of shit or I think you're trying to prove to me that you know a lot.

09:11.13

BRIAN

Wait Did you almost shit your pants Sam Okay, ah.

09:27.89

Sam Valentine

You know there's like a there's a vibe people give off where they try to prove that they know a lot and it's palpable and it's gross. It's gross. That's why I'm so like ah and I want when I talk to people I Want to say like this is how I feel but also how do you feel like I'm just so all about it being in conversation because.

09:30.60

BRIAN

Oh yeah, oh please? Yes, oh it's well it's so unhelpful. Yes, it gives you that gross feeling. Yes.

09:43.45

BRIAN

Yes.

09:47.20

Sam Valentine

Every time I talked to someone I learned something new. Anyway, this person was like a little pompous and I kind of accept expected him to say something that I didn't agree with and he said you know I just think you're



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

going to be the lead of this and it just doesn't coincide with you being a lead actor and also having a platform called. Broke actor and I sat there quietly and smiled and just let him talk and he said you know maybe we should try like 1 broke actress and.

10:13.20

BRIAN

Can you please be on a surfboard on the front of your podcast.

10:19.46

Sam Valentine

Like okay yeah I mean listen the litany of reasons I could have given him like that's not verbiage I use. There's ah humility and a humor to it all. It's not all about money. It's not all about like I can't wait until I'm in blockbuster films and also still running a platform called 1 broken actress that to me is is the goal.

10:32.69

BRIAN

Yes, yes.

10:38.98

Sam Valentine

And so I let him talk and I said you know what I will take this home and I will think about it and that was the end of that conversation I never brought it up again and he never brought it up again. I let him say his piece and I listened and I disagreed so I just gently walked out of the situation I've also had people tell me that somebody in Hollywood wrote a book.

10:45.89

BRIAN

Yeah.

10:57.66

Sam Valentine

And and they wrote a book and they said you know they're all about manifesting and this person said there's someone online who keeps calling herself broke and when five plus of my followers come to me and says someone talked about you in a book I know that it's about me.

11:15.30

BRIAN

Ah, yes, yeah.

11:17.41

Sam Valentine



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

So I mean I don't want to be pompous but like it kind of like it's about me and I had to really sit with that and think like oh that's such a bummer that they don't get it that they can't be as open as I can and listen I believe in energies Um, all about there's like a vision board behind me.

11:31.33

BRIAN

Yes.

11:33.75

Sam Valentine

Um, all about like you can manifest stuff but you can also have a sense of humor and lightness about this job because if you don't you're gonna get crushed. You're gonna get crushed and you really have to find you're in that you can keep doing it and not get crushed for the next forty fifty years and if you can't.

11:49.70

BRIAN

Yeah.

11:51.95

Sam Valentine

Take that little piece if like the just 1 term makes you feel crazy as long as it's not offensive or racist or bias or something like that of course then that is something that I think you need to look at word about. So I always know it's more about them than it is about me.

11:57.39

BRIAN

Yeah, yeah.

12:03.67

BRIAN

Yeah, yeah, and and but or right and what I love one of the things you said beautifully in here is like it's granting them the grace to have their own perspective which is not to do with you because you could really turn into a spiral and be like oh my gosh should I rename my but 1 thing I want to I want to point out that if you guys didn't clock this I think it's really important is. And this is a skill I tell people when they're going into meetings is



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

when someone brings a new piece of information to you which this pompous guy was saying you know call it 1 stoked actress or all this stuff in giving you information a lot of times I think it's very easy for a creative person to assume I have to be the one who's wrong and I probably have to make a decision in this meeting and it's so powerful to say I'll think about that. And I always say like your when you're presented with new information. Your job is not to make a decision your decision your your job is to say cool I'll think on that like you are allowed and I will say that I steal this from Oprah she said she said she'd go to meeting she goes. Okay I'm a prey on that because it's new information presented to her she's like I'm like I'm not ready to make this cool new information cool I'm a prey on that you do not have to make it so it's interesting I think as we think of most often when we're called to the principal's office which it it could have felt like when you go to the director's office. It's like oh I'm in trouble trouble and I need to cover my tracks and to cover my ass or something right? so that's So. powerful so

13:06.86

Sam Valentine

A here here.

13:17.86

BRIAN

Podcast I wanted to ask you a question because when I first when I first came on your podcast. It was ah you were just kind of doing the podcast and it was going what kept you going? What was it that kept you going with that because you did how many years did you do the podcast before you start to be like oh by the way maybe I can like talk to people and help them and like other than the the podcast how long did that go on.

13:32.71

Sam Valentine

A long time a long time. Ah, this March is ah ah, water break this March will be 5 years of the podcast and.

13:48.40

BRIAN

Wow Wow. Well we can have a huge party. Ah yes, yes, ah.

13:51.98

Sam Valentine

I should depending on what variant we're on perhaps I will throw myself a party I I have no idea and there are times when I'm really I'm grateful because I set up seasons. So I do 12 episodes at a time and then I take a break.

14:04.43

BRIAN



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Yeah, right.

14:09.11

Sam Valentine

Think if I told myself this is ongoing indefinitely forever I wouldn't have ever started it and to be fair when I started it I didn't plan for a season I just hit my Twelfth episode and it was almost christmas time and I said oh that's the end of season one of the but.

14:23.29

Sam Valentine

Guest and because you know podcasts are pretty fluid and back then there was even less structure than there is now and so I just called it a day but there were times in between podcast seasons where I would take off six months eight months because my acting career was. Dead silent and I felt like an absolute impostor talking about acting I had to give myself enough space to wait and miss it and as soon as I missed it or as soon as I met someone that I thought I want to talk to you on my podcast I would start the next season.

14:59.99

BRIAN

Ah, kind of.

15:02.35

Sam Valentine

So it was very fluid especially at first now it's a little more regimented and I have some consistency but it took me a long time to give myself space to have solo episodes and allow myself to take up my own space and not just played up my guest because I was it was really nervous.

15:15.72

BRIAN

Yeah, yeah, freaking out free I was I had I said on 12 episodes for six months are you kidding? Yeah yeah, freaking out like no this can happen. No one's gonna listen.

15:19.83

Sam Valentine

Tracking and you know like even your you were established when you started your podcast and it's still Wow Know I know.

15:33.18

BRIAN

Everyone's going to listen. They're all going to hate like all the thoughts I have yeah but.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

15:33.38

Sam Valentine

Yeah, yeah, the the back and forth of like farf flung. No one's gonna listen. Everyone's gonna listen people are gonna it's and ah for me the imposter syndrome was the biggest thing and I don't know why there were times that I didn't just quit. There were times that i. Remember turning to my now Husbandand and I said I don't think that I should be doing one broke actress anymore and he would say okay well you just take take take a break and and come back to it so I wouldn't post anything on the website. There was times where I thought I just should shut it all down I should shut it all down and delete it and so no one ever knows it existed.

16:06.54

BRIAN

And you'd kind of go on a secret hiatus that you didn't tell anybody but you just kind of pulled back.

16:12.40

Sam Valentine

Yeah, and I didn't have any follow I had you know, maybe 400 followers and like each podcast got like a hundred listens or something like that which is significant considering when I first put the podcast out I would get like 8 so we've come. We've come a long way even at that time but i.

16:22.20

BRIAN

Right? right? yes.

16:29.18

Sam Valentine

I Don't know why I never actually followed through and I think because I connected my acting career with the the one broke actress platform as a whole and any time I felt like giving up acting I would have to take a step back and think I just think I need a break from focusing on this and.

16:36.93

BRIAN

Yeah.

16:48.61

Sam Valentine

This is when you get I get a little woowoo because I'm not super spiritual I'm not super woowoo but man I think that I needed one broke actress to get me through the pandemic and I had no idea that I needed it until we hit radio silence and I thought well I guess I could. Figure out what colors I actually want to post on my Instagram I



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

guess I could do another podcast season I have time because I had done 5 at that point and you know I'd done 5 in 3 years and in the past two years I did four more so it became my lifeline in the pandemic and I hate.

17:22.30

BRIAN

Yeah.

17:27.20

Sam Valentine

Everything that happened to so many people in so many traumatic ways and I sometimes feel selfish for this but the pandemic changed my life I had my first pause that was extended.

17:35.63

BRIAN

Speak into that.

17:46.43

Sam Valentine

And not just a weekend and it leveled the playing field to where we were all doing the exact same thing I went through a pretty dark phase in the end of 2019 and I would get up in the morning and just start crying and I would drive to work and pick up. Kids I nanny and I would be crying behind my sunglasses in the car and I would drive by sets of people shooting on my street and I would start crying and everything felt heavy. My jobs felt impossible I worked 3 to 5 jobs a day and I didn't feel I felt like the acting career was. So far out of reach. There wasn't anything happening and I felt totally stagnant and when the pandemic hit everyone was stagnant. Everyone had to stop and so all of a sudden myself and all of the actors that I love. We're doing the exact same thing we were all watching Tv and making cocktails and figuring out what to do with our free time and I thought oh I could make posts about this because we're all doing the same thing so I felt empowered because I felt like everyone was with me and as that.

18:51.51

BRIAN

Oh.

18:57.47

Sam Valentine

Grew and grew and it kept me going. It got more attention and then the attention would fuel me for a little bit and then I would come back to my why and that would fuel me for a little bit longer and you know it just it gave me so much space to figure myself out and you know. When we had our last podcast your first episode of the



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

season I still hadn't booked in years like 2 years at least and I was already planning on starting things for 1 broke actress that were bigger than me and.

19:14.47

BRIAN

Yeah.

19:32.71

Sam Valentine

As I found that space to grow the day I announced my first working actor workshop which I was super nervous about who wants to take a workshop for me I haven't even booked any the day I announced it I booked my first job in like two and a half years

19:37.74

BRIAN

Sure.

19:44.30

BRIAN

Oh my gosh that is so um, so now she's like see so now I am woowoo spiritual I there's something to it. Yeah.

19:50.70

Sam Valentine

Yeah,, it's so much and it's It's a lot of energy and I don't think I booked that job because of what I was doing but I felt so free in my auditions and I felt so comfortable doing whatever I was doing because one broke actress had become a part of my day-to-day Life. So I felt like I was. Back in the acting flow even though I wasn't technically in it.

20:09.33

BRIAN

Right? right? right? that is that is an amazing story. So in the in the hunker down you found so much community and also like I can commune with the people next to me so I know if anybody listens to the very first episode of this podcast. It was Sam and we were talking about the.

20:27.80

BRIAN

Relentless hamster wheel of doing a million things and slowing down so when you had like this forced slowdown it made you really take stock so in the pandemic for all that it was like you said you know it was so

Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

painful for so many of us and so many people and it still created this different space for you this different energy that was able to create this blossom for you. So. Now that we're I mean we're not I want to say we're through this but we're not quite through this but we're maybe lifting mask mandates soon you know, maybe right? So we're gonna I scare to say that. But yes I I hate to say it. But yes I mean I love to say but I'm scared to say but yes, so as we're getting towards that is there a part of you like are you relating to? ah.

20:51.36

Sam Valentine

Yeah, where where it feels like feels like we're like inching toward the endemic. It feels like this is like yeah yeah.

21:06.15

BRIAN

Oh like things are gonna get busier again or do you feel like you've created a kind of footing for yourself for put in quotes normalcy for a different rhythm for a different rhythm than what where what? what have you put in place or how what is your outlook on that.

21:17.74

Sam Valentine

This was a big topic. We talked about when we recorded our first podcast episode because I said to you I am so scared of falling back into my old habits of working a bunch of jobs and doing this and that so I've had to really stay focused on what is it that makes me feel good. What is it that fuels. My body my mind my bank account my relationships in all these different areas and stay really hyper focused on that and not get distracted by shiny objects. For example I had someone reach out to me recently and say hey I'm hiring event managers for this event company. You came highly recommended because it was one of the jobs I used to do.

21:55.94

Sam Valentine

Is that something you're interested in and saying no to money is really hard for me I identify a lot of success and a lot of ah what's the word I'm looking for like hype. There's like a there's like a a status to having more money which I.

22:06.14

BRIAN

Status. Yeah.

22:14.21



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Sam Valentine

That's probably psychology from growing up in a um, lower middle class family and I I had to say no because I have worked really really hard to put systems in place for my day jobs and put parentheses on them. So when this airs.

22:26.27

BRIAN

Yeah, yeah.

22:32.32

Sam Valentine

It will already be released, but my podcast production company with my friend ashley launches February Twenty Second it is officially opened. Yeah and it's if fast forward productions. It's days away which reminds me I have things on the website I need to edit where there's always something to do but.

22:40.67

BRIAN

Yay! It's like days away from right now. Just so you guys know like that from where we're to. But yeah from a recording? yes. Ah, yes.

22:51.59

Sam Valentine

It is It is a job that I love doing and it fits so well into the pocket of what I also feel good doing because I realized I really like free time and I also realized that I tie up free time with laziness and that to me is the result it equals mentally.

23:10.15

BRIAN

Ah Wow if I'm not moving really really fast. It both means I'm lazy I'm not making money and I'm not successful. So like you're like I've actually been villainized.

23:10.77

Sam Valentine

A poor actor or like someone who's not working hard enough.

23:19.67

Sam Valentine

Yes, yes, and.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

23:23.82

BRIAN

Calm I've villainized relaxation I've villainized laying around and looking out the window or reading a book. Yeah, or I just say weaponize it against yourself even even more strongly. Yeah.

23:28.29

Sam Valentine

Yeah, totally a hundred percent and it's a ah hundred percent both of those and I I've had to really fight against it and you know my husband knows my trigger word is lazy. Yeah, he says.

23:39.90

BRIAN

Wait what's Caleb say yeah, what does he say about that? Yeah, what.

23:44.43

Sam Valentine

Because my trigger word is lazy like if someone would have would call me lazy or has called me lazy like it happened I shared an Instagram wheel where I did like a screenshot of my calendar and it's like morning routine workout dog walk and then work and then meetings and then go to bed people were like. Lazy actors and I had to first of all I turned off comments which is a 10 out of 10 move but I have had to really change my definition of what lazy is and what actually gets me going and what I actually want my schedule to be now.

24:16.50

BRIAN

Yeah.

24:21.39

Sam Valentine

I'm a very privileged person and I always need to say this because I'm not playing with the same set of cards that someone else is and the cards I'm playing with are specific to me just like they are specific to someone else. But I had to work really hard to figure out what job can I Actually do then I. You know, used my circumstances and figured out I took a business class and figured out what what do people come to me for what could I make in a business and all these things and I realized that entrepreneurship is actually something I enjoy and I like working with someone else and for someone else in a steady pace I like independent contractor work and I put all these things together.

24:48.79

BRIAN

Yeah.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

24:58.43

Sam Valentine

And at the same time. My friend Ashley was like we should have our own media company and I thought all right and it's just the ball just was rolling and so now I edit a couple podcasts a day and then I walk my dogs and I work out and I like I have these plug and play systems to where I feel like I cover all my bases. And I don't feel guilty that sometimes I finish work at 4 sometimes I don't have a lot of work to do and so I'll work out until 10 and then I'll go in a leisurely walk and then I'll do 2 hours of work and then I'll make Instagram posts it just changed everything when I allowed myself to figure out what fuels me.

25:20.75

BRIAN

Please.

25:36.86

Sam Valentine

For my work and not let it be dependent on what other people view as productive or successful. It's hard.

25:43.87

BRIAN

That's so good. Yeah I'm sure I'm sure so I'm just gonna share as someone who you know Sam and I were partners. We've worked on stuff together and so we're working on something right out and Sam sent this email to me and I was like this bitch I want to be her I was sort of look at the email right now. It says like.

25:48.75

Sam Valentine

Okay.

25:57.75

BRIAN

I'm not taking any meetings until March I think is what it said and I was like bitch I'm not taking any meetings until March two like I was like the boundary here is like amazing. Can you talk us through that just a little bit and then I want to go back to what you say because I want to really connect it to acting but first can you talk me through this like incredible clear boundary I so wait before I even go there.

26:10.20

Sam Valentine

Um, yeah.

26:16.22

BRIAN



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Before I even ask you answer the question hold on to that question I just want everyone to notice that sometimes when we put out a boundary. We think that it inspires and someone else like you're being mean notice for me, it was like oh my god she's amazing. Just want to make sure everyone notices the boundaries usually inspire I believe in affection and also like. Belief in the other person as opposed to inspire like they're putting me off right? So I just want you to hear how I received that because I want to just people struggle with boundaries is why I say that so tell us about your boundary setting and how you figured it out now I'm not saying you got it all perfect yet Sam but you know from the outside it looks pretty damn good.

26:49.91

Sam Valentine

Well, ah Therapy is a good thing and I Highly recommend someone find someone to talk to if you feel like you can't set boundaries I have really honed in on the fact that I need to not have very many things on my schedule if I have a day that has more than 3 meetings. I Start to go a little bonkers the day before because I anticipate. It's a big thing I deal with with my personality is I'm constantly anticipating the next thing. So while I'm working out I'm also making my task to do list. So I'm really on point then I'm also defrosting chicken for dinner and I throw a load of laundry in and. I Like to do a few of those things at once. But if my schedule is jam-packed I get anxious I get upset I don't sleep well and I'm I'm not good for the people I'm trying to be good for So I'm not helping anyone and I'm not helping myself so I started to put.

27:39.49

BRIAN

Mm.

27:44.36

Sam Valentine

Really tight ramifications on my schedule now having a work from Homeme job. It's very easy for me now to put that control in place I order my groceries now and it saves me from being stressed about having to go get them and and bring them upstairs and put them all away and make sure I have the listen du.

27:49.14

BRIAN

Sure yeah.

28:01.61

Sam Valentine



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

That little task that cost me an extra 10 sometimes \$20 is monumental for saving me 3 hours of time and that can be 3 hours of time I might spend working and my work now I know how much my hourly worth is worth or it might be 3 hours of time that I spend hang out with my dogs and.

28:10.87

BRIAN

Yeah.

28:19.79

Sam Valentine

Ah, listening to my own podcast because that helps me and giving myself permission to do those things and saying that it adds to me in the long run and not detracts from me is huge. So I adjusted my acuity which is my online calendar schedule and I don't allow more than 3 meetings a day on my schedule and I put. 15 to 30 minutes between each thing depending on how long it is because I got to take the dogs out and if I rush to take the dogs out rush back inside and like pour a cup of coffee and ah it reminds me of old Sam who would eat in our car and would like shove food in my face and then like run into your house for 1 of our meetings.

28:44.28

BRIAN

And.

28:49.65

BRIAN

Yes I remember that same I have yes.

28:57.88

Sam Valentine

And I don't like that girl because she's not she's not good to herself and she's not good other people and if I know that that leads me to burnout and if I have the privilege of changing my schedule in order to make myself better and ease off myself a little bit that leads me to a longer game. So I can. Keep playing in the acting world consistently I can keep showing up on social media I can be present for my husband from like 6 ix p m on ah some days more or some days less. You know u four is really important to keep your eyes on but it's it's changed how I and the the frequency at which I function. And although it might seem like I'm not getting as much done as I used to I am getting more effective work done in the long run and that to me is so much more important.

29:44.23

BRIAN



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Yeah, yeah, and Sam I just heard like inside of the way you're talking about this. You know you have this huge argument inside of yourself of what lazy is then you saying like I'm only taking 3 meetings a day was a huge conversation around like am I being lazy for taking 3 meetings a should I be taking 10 meetings a day. How do other people do this. Let me look at other people's habits or their habits better than mine and actually going inward and saying I am energized and stay energized when I have 3 because actually it's the day before that I'm thinking about which is such a really I think wild way to look at your wild meaning like not maybe not natural for a lot of people to look at how am I affected right.

30:15.65

Sam Valentine

Ah, here.

30:19.28

BRIAN

Because then I can just imagine oh you suddenly have an audition tomorrow great. There are 3 meetings for me to move not 6 like even that part of taking care of it. Yeah, and so.

30:24.13

Sam Valentine

Yes, exactly exactly and then you know you lose if I want to work on if I get a last-min audition I'm like oh crap I have so much to do and also now there's a script. There is always time in my day now if I got a scene I could stop and work on it and i. Built that schedule like that and I test drove it so there was like three months where I got up at 5 am every single day to see if that helped me to see if that if I was more productive in the mornings I'm a 6 a m girl. That's what I figured out. That's what I learned from that experiment but you that was the the fun of the last couple of years is I was an experiment like I played with when do I actually like.

30:47.32

BRIAN

And. Ah, okay.

31:01.58

Sam Valentine

To work out when do I prefer to walk my dogs. What's the best do I eat dinner like with Caleb or do I eat earlier without and like figuring out those little pieces of my day and how I can plug and play them differently and what works right now versus what works in December that's been. It's been really fun and I love my schedule now I love it.

31:17.67

BRIAN



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Yeah, oh I love that and I'll just say you know so we talk about this sometimes with my clients is about having creating a dream schedule where you're like looking at if I day looked at I think we did that once at 1 point right? like if I could say exactly what I wanted my day to look like what does it do and what what would that be what time would I go to this or what day would I go to that and.

31:20.51

Sam Valentine
So moments.

31:33.53

Sam Valentine
Yeah.

31:36.77

BRIAN

You test driving it I think is the biggest part because I think so quickly so many of us will be like and these look good now once it looks I'm gonna know when it looks good like no actually we probably have to try it and like oh I thought that I liked getting up at 6 I actually think I'm ah if I get up at seven thirty I am so much better all day long and I'm not lazy for getting up at seven thirty it's okay that I get up because actually look who I am when I get up. Like the the looking back at yourself right? So it's a love that you tried it and you tested it. That's such a big piece of it so relating this to acting for a second. Let's just really because like to me it makes perfect sense. Why it relates to acting but when you're thinking about it. How do you relate this to how you serve the audience that follows you.

31:55.95

Sam Valentine
Yeah.

32:10.99

Sam Valentine

The more that I can be inside of myself and I can I can enjoy sitting with myself the better I am at sharing that with other people. It's when I get. The finicky about like the way I look or how much sleep I've gotten or oh god I'm so stressed by banking on when I'm worried about a bunch of other things I don't I'm I'm not thinking about the person who's asking me questions I'm not. I'm worried about my own problems then I don't have time for someone else's problems and I'll answer you know Dms in like a kind of a bitchy way like I'll you know I'll be like I don't know ah, where do you live? That's where you would find your acting classes like I whereas. There is a more nuanced way to show up and to be helpful people and that's really important to me because actors are taught so often that we are the lowest on the totem pole especially until we're in the 1%. We believe that



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

that is where we belong that we don't get to speak up for ourselves that we don't get to take up space that we shouldn't.

33:13.28

Sam Valentine

Questions or that and so I want to make a platform where people can ask the dumbest questions like what is a self tape like ask me what an audition is and I will give you a thought out answer because nobody else is going to let you ask that question like I did a full podcast that was.

33:19.51

BRIAN

Yes, yes.

33:32.36

Sam Valentine

A step by step onset like you're gonna park. You're gonna find the producer you're you're gonna find the like the the um assistant the P and then you're like it was like very very small like you're gonna eat lunch in your trailer and then you're gonna go get put your costume back on like it was so so nuanced and I had so many people.

33:41.26

BRIAN

Yeah.

33:52.14

Sam Valentine

Reach out to me after that and they said thank you thank you? Thank you? I booked my first job and I knew what was happening when I got to set and I didn't feel like a green I didn't feel like an idiot I felt like I could keep up and I could ask questions if something felt different than what you said and I was so happy because all these people that reached out. Felt like they were just going in blind to a scenario where they weren't allowed to ask questions and if I don't take care of myself and give myself the the time in which it takes me to be freely myself and like take care of myself then I am not going to be a platform for other people to lift them up either that is the.

34:10.28

BRIAN

Yeah, right.

34:27.25



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

BRIAN

Yeah, huge And as I think about that I even think about how the actors listening now and listening to what you're talking about this is how we want this in their lives. They want this in their lives. They have this ability to create these boundaries and I think that sometimes.

34:29.12

Sam Valentine

Huge huge thing I've learned.

34:41.81

BRIAN

So many actors are told and I'm sure you speak about this too is like get a flexible job. That's your number 1 thing to do just find a job that's flexible and nice to live your life all around like your flexible job and right it's it makes me so mad and it makes me and you tell me what you wait I'll tell it's me mad makes me mad you time like to it here's why it makes me mad is so many actors then um.

34:46.67

Sam Valentine

Ah, so archaic it. It upsets me so much now. Ah yeah.

34:59.00

BRIAN

And this might not be you. So if you're listening and this isn't you I Don want you to feel called out anyway, I want you to be like just really to talk about what makes me angry about it is that like you're then settling maybe for a crap job that doesn't pay you what you are necessarily worth or what you're able to do because you're sacrificing it for this flexibility and I say. Are you getting for the 5 auditions that you need that super flexible job for in the first place like it's so it's so controlling to the possibilities that you have and I have known so many actors who get normal I put in coats jobs and they go. They're so invaluable to that business. They're like yeah sure you can totally go to Auditions. We're not like I can't say every company's like that. That's not fair. But because I know actors are so damn fabulously resourceful that when you work in an office or you work in a whatever everyone is like that person's so good at their job like you. You are so amazing at whatever that job is most often that everyone's like yeah you can definitely go to an audition because. Everything's gonna be covered because you're gonna cover every crack that could possibly like I just know you're going to be good at it right? What tell me? how does this frustrate you a little sam.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

35:54.25

Sam Valentine

Yeah I mean anybody who's listening and not watching the Youtube I'm just like nodding my head like yeah like this is like I'm like holding up my lighter at a concert. Ah listen I'm I'm launching a full company and I feel like a few years ago I would have thought I was insane and I also if.

36:04.40

BRIAN

Up. Yeah.

36:12.60

Sam Valentine

I saw an actor say they were starting a company or getting a full time job. My knee jerk reaction five six years ago would have been oh so they're giving up acting.

36:18.87

BRIAN

Oh to oh my God Yes Sam You nailed it? Yes, or oh they're failed. They're not really, they're not their career's not going. Well yeah oh that hurts. Yeah.

36:25.75

Sam Valentine

Yep, they didn't they didn't make it. They didn't make it they quit it hurts and it's fucking bullshit because it's just it's just first of all, let's address like the number 1 thing that is wrong about that is that we now live in self-tape world. You are very. Rarely going to get an audition that's atset that's at a time and you'll know in advance because you'll have ah had the original audition and you'll know kind of when the callback is so you don't need a. A nighttime bartending job anymore that sucks the life out of me by the way I bartended it for years I'm really good at it and so I thought this was it I have to keep doing this but then I would go home at 3 and I would have had shots with like the customers and I would feel like shit the next day and like all of these things. You don't need to do that anymore. If you don't want to you can work a a quote unquote regular job. You can be an independent contractor. You can start your own company. You can up your value and you can by the way you can spend time upping your value and I did a whole Patreon Podcast about this because it's so important to me you can. You can be a cog in a bigger machine. Should you choose because you just have to work to have the systems in place so you can handle auditioning in the non-working times. So that means you might have to work extra hard because when you get home at 5 or six o'clock or when you clock out quote unquote. You might be having a few bites of dinner and then setting up yourself tape and you might have to have virtual



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

readers who can come or a very understanding person or if you're a parent you have to do it after the kids go to bed or whatever it is but you and I both know really awesome. Amazing! Successful people who have continued to do that I mean I just think of dewan and like. I just I'm floored that this is still something we're telling actors like you you should be It's like telling them they should be financially weak and and schedule sad and spend so much time taking energy from themselves. When in reality it's going to take you a long time to get to the point where you don't need a job potentially. Ah, oh maybe never I don't know.

38:30.69

BRIAN

Yeah, and and and and I know a lot of actors who make money as actors and can make a good chunk of money and still want a job because they want more security or they want to send their kids to private schools or so just like the truth is I think there's also this thing where we can discredit.

38:43.39

Sam Valentine

Yes.

38:50.19

BRIAN

Actors who may have gone to school for acting maybe been like well my major was acting so I certainly can't be good at filling the blank anything other than waiting tables or being a bartender and it's just so not true and I'm not I know there's people here who really get that. But I Just really want to speak into that and there's also like no shame in being a server if it does. In fact. Make it awesome for your life and there's certain people who are really good at having that like I love my serving job I'm energized by it I do three shifts a week like there are certain people who are really good at it. But I think a lot of people default into that and I just really want people to get more conscious around it. Yeah.

39:20.17

Sam Valentine

Totally and I think people sometimes hear like oh I have to up my value. Oh shit I have to go back to college. No, you don't no you don't no you don't we live in the era of Youtube of skillshare I learned everything I know about podcast production one for doing it for myself mediocrely to badly for years. And then figuring out how I could do it better and 2 by asking other people for help and then 3 by going to online resources that were free



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

or low cost I think skillshare is like \$30 a month and and you can invest not just money but time into this process like you don't need to figure this out.

39:48.10

BRIAN

That's amazing. Yeah yeah.

39:54.60

Sam Valentine

Tomorrow like you can start working now for something I had an actress reach out to me and she said you know I'm thinking about doing this transcribing program. It's going to cost me a pretty penny but then I'll be able to work on my own time and transcribe for other people she was like do you think it's worth the money and I said. Would it make your schedule better. Would it make you more money would it make you happy. Do you feel like you can still act around it. She was like yeah yeah, all those things like then it's a fuck. Yeah, like go.

40:17.72

BRIAN

Yeah, hell yeah, and and I also think yeah, what you just nailed the hit the head on is you may need to invest in yourself to be able to have that conscious job choice. So that might be possibly made like oh I probably should know how to use Microsoft office. Maybe I don't know if that's necessary but let's pretend like.

40:33.38

BRIAN

I need to get really good at excel. Whatever the job is right? I'll just say like when I was in New York city and I was acting and I was in a show for two and a half years called the donkey show if anybody remembers that it's a midsummer night dream told through disco songs. It was a great gig I had 6 shows a week but at the same time and I don't know why I did this I think there was something wrong with me or maybe my work ethic as a Midwestern Ohio boy

40:33.88

Sam Valentine

Ah, who.

40:52.96

BRIAN

But like I also had a day job like I probably could have just like been in the show but during the day I had a temp job and I was like the king of the temp job even though I was running off to auditions all the time because like I knew what I was doing and I could make a I could commute one of the things actors are trained in is look



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

at someone's else's face and figure out what their problem is and make it better like that is literally what Meisner's about like.

40:56.75

Sam Valentine

Wow.

41:12.85

BRIAN

Get what you want or make their lives better right? Which is why actors are so good at customer service or so good I think even in like I'm saying in an office situation of being like I can read the temperature of your energy around this and it's causing you anxiety and like let me see if I can fix it like that piece we discredit that skill.

41:28.37

BRIAN

You've worked so hard to create in your inside of yourself and it's such a tool people love to be around that we have to remember that. Yeah, both yeah.

41:33.64

Sam Valentine

Yeah, oh God I I love that I Also think there's something to be said for like it's nice to have a job that has a checklist and there's ah a a thing that you do continuously and it gets you from a to Z because acting is such a cluster fuck that having a checklist to check off that you leave and you're like Wow I accomplished something today.

41:45.45

BRIAN

Yes.

41:52.45

Sam Valentine

Ah, sometimes that is worth its weight in gold. Yes.

41:52.49

BRIAN

Oh and also being able to clock out like I love a job I mean that's not the same probably for you or for me because our jobs are our we are own jobs in many ways but like to be able like oh and now I'm leaving in my

Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

mind space gets to be about acting class tonight or the character I'm gonna play. Whatever. So so you mentioned something a few minutes ago about people sliding into your Dms and like asking questions and stuff like that and what do you hear most often like is there a consistent question that comes up with a lot.

42:11.35

Sam Valentine

Okay.

42:20.73

Sam Valentine

There's a couple I think I get a lot of people who ask 2 sets 2 separate groups of people one. How do I get started. It feels like they're just you know they maybe live somewhere else or they want to do this eventually or they live in LA and they just have no idea how you even begin. And those are the people I'm like check out the working act or workshop. This is a really great place for you because that's like ground up. How do you pay rent. How do you meet people. How do you? That's everything and then I have ah a separate group of people who are a little bit above that and they're almost.

42:39.40

BRIAN

Yes.

42:57.62

Sam Valentine

They're kind of where I'm at and they ask me questions a lot that I can't give them answers to yet because I haven't gotten there and I'm super open about that fact I am at a coast I still audit audition for co-stars but I also audition for guest stars and occasionally I get a series regular audition. That's like I'm like ah like ah.

43:00.70

BRIAN

Smooth.

43:15.74

Sam Valentine

Ah, two point 5 if we're going for 4 levels right? Like yeah and every level is harder but like I'm at a point where it's no longer green that I have relationships I'm at the place right? I know I there is a certain point that I think.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

43:15.88

BRIAN

Ah, if we're let's I don't like to believe in levels but I'll let you go for it because it's making your point right now totally get it. Yes, yeah.

43:32.96

Sam Valentine

You connect to and people who hear this will know what I'm talking about when you no longer question whether or not, you're a good actor but you question when you're going to get seen and it's a beautiful place to be because I'm not so stressed about do I actually suck and no one's telling me is this why I'm not booking jobs. It's just like waiting for the math and the pieces to fall into place where a role just fits you I think it's almost harder because you it's like I liken it to fitness where you remember like we did crossfit together many moons ago and. There's like newbie gains where you get to the business and you get to Crossfit and you're like oh my god I lifted like £200 I lifted £300 and it happens so fast in the beginning and I feel like when you start your acting career. It's like oh my god I'm in a class this is amazing. Holy cow I got my first commercial is amazing. Oh my god I got my first non-inity movie and it tends to feel fast and then once you hit like.

44:10.56

BRIAN

Ah, yes.

44:25.82

Sam Valentine

Joining Sag and having an agent manager and hiring level projects. You hit not a plateau but it feels like a plateau because the increments of change are so small and it's hard to get out of that mindset of like I did something wrong I need to backtrack go back to fix myself.

44:34.00

BRIAN

Yeah.

44:43.90

Sam Valentine

And a lot of actors are asking me I get a lot of branding questions which I love I Do coffee calls where I have actors chat with me and we go through their like head shots and resumes and I'm like listen get rid of that picture get rid of that Picturere. You're so funny. Why Why do you look so serious in this Picture. You're not a leather jacket girl. Ah, and it's I Love those questions. But. There's a certain level that I can't answer those questions yet because I haven't gotten there and I can't wait I Can't wait to be able to answer those questions. Ah but it's it's ah that's probably the some of the most consistent, some consistent questions that I get. Yeah.

45:05.59



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

BRIAN

Yeah I said yeah.

45:14.85

BRIAN

Kind of well I love that you're saying that too because there's something about um I think that what you're talking about is the moment you experientially I think most actors can understand like this is a marathon not a sprint but I think what you're talking about is you experientially are like oh I'm in the marathon part now. Like I am here and oh now I feel the marathon part of it because at the beginning you can feel like yes, this is sure I believe it's a marathon but like feels pretty bouncy and sprinty right now look at all the people giving me water cups along the way. Yay right? And they're like oh less water cups. Okay, and oh now I got to think about like where do I want to live and maybe I'm thinking a little bit about. Am I gonna get settled down with somewhat like that part starts to come up and so there's other things that life starts to shop a little bit more. So in all this. This might be our last question. We'll see so I was I was thinking about you today of course and I got nervous cause like I am such a huge fan and you're so articulate in ah in.

45:54.80

Sam Valentine

Let's here.

46:10.81

BRIAN

In a way that is different than the way that I am articulate and so it really is easy to um, just like idolize and get excited about having you on the podcast I just really am so glad you're here So I had a question for you So when I look at you you know I see a lot of you walking through your career with such honesty and vulnerability and in the way that you serve others and.

46:19.90

Sam Valentine

Thank you.

46:30.12

BRIAN

Is there? What do you see as a limitation for yourself. Is there anything that you have noticed like here's where I know like this is this is a wall for me or this is something I'm not over yet or.

46:38.24

Sam Valentine

Yes I I still have imposter syndrome every single day I am working on just accepting the fact that that's part of this business and it's part of being a creative I feel so. Big sometimes in the way I can show up on social media or like in this podcast room I feel like I'm like we could talk like this for hours Brian like we could keep this gone



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

I feel like my media training is at a 10 like where um um I love this stuff and then sometimes when it comes to auditions and bookings and things like that. I still feel like a beginner and like I said I'm not questioning is my acting good enough I just tend to make myself smaller than I need to be a lot of times and I'm still figuring out where I belong in terms of. The roles I'm auditioning for and I am I feel like I have a lot to offer and sometimes I feel like I almost have too much. Ah.

47:43.31

BRIAN

I want you to feel that way. That's exactly way I think people should feel is like you are someone said once I forget I think it might have been Marian Williamson but she's like what do you think you are god's gift. Yeah, that's what the response should be yep I sure do or if you don't believe god whatever universe Oprah whatever you believe but I could think that.

47:55.90

Sam Valentine

Ah, yeah I Sometimes I wonder if I'm if I'm you know going I'm like are these the right roles like I'm clear.

48:01.86

BRIAN

So but you speak into that What you were saying though I feel like you're too much.

48:12.68

Sam Valentine

If I don't get every role does it mean it's the right ones or am I doing this and I also have a limitation of there is a line and I'm sure you feel this way too of I can share a lot of my life up to a certain extent but there are some things I struggle with that I don't necessarily put onto social media.

48:33.90

Sam Valentine

There's parts of my career where I'm like I'm not sure where to go from here I'm going to tag someone in and once I figure this out then I will come back and talk about it. But there are things with you know I am at a point where right now I'm waiting for some footage to air of some cool stuff I did last year and I.

48:40.14

BRIAN

Ah.

48:51.40



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Sam Valentine

Don't have a lot to do in the meantime I am you know auditioning as lot auditions come I flex my muscles with I'm at backstage jars taking audition camp because I realized you know I work out every day but I'm not going to the gym for my acting career and I need to make sure I do that So I'm back in the gym quote unquote like doing auditions every single week.

49:06.47

BRIAN

Yeah, yeah.

49:10.63

Sam Valentine

I Have a fantastic commercial agent I have a fantastic theatrical agent and print and voiceover I feel like I'm in a holding period and sometimes there's not a lot for me to do right now in turn except I start to spin. Yeah I have a notebook that's like it's called spiral and when I start to spiral I fill it out. No, it's.

49:19.17

BRIAN

Sure which what do you start to spin or do you keep it tight? Yeah, okay, is it a spiral notebook because I wanted to also be a so ah I love her.

49:30.80

Sam Valentine

It's on my ipad um Amy McNab actors encouraged made it for me and it's she's the best and it's like we call it my spiraling journal and when I start to spiral I take one of those pages out and fill it out that is something that I don't share very often I'll share if I'm in a funk or if like some things down. But there are just I I feel like I'm kind of hitting a wall in terms of things I can do until my next project airs and sometimes I worry that then that means I'm not like living as an actor often enough. Perhaps I'm not There's is there more I should be doing which is something we all struggle with.

49:54.00

BRIAN

As is.

50:07.84

Sam Valentine

Even even with my hard boundaries of work versus play versus actor work versus whatever sometimes I'm worried that I'm not checking a box and that is something I struggle with and I struggle with sharing because I'm like what if I What if I'm not giving these actors enough. What if there's.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

50:24.35

BRIAN

Nah.

50:24.62

Sam Valentine

More that I should be telling them because I'm missing something and it feels like it's my job to take care of other people which I know that it's not but sometimes I feel that way that it is more of my job and that I need to figure out my next immediate step and then I need to share it with the world. So that is something I am currently.

50:39.46

BRIAN

Yeah, yeah, it also sounds like what you just said is exactly the next thing to share is not feeling like you know what? your next step is this beautiful thing I appreciate you sharing that today. So I'm gonna toss the this is actually gonna bear our last question because you just asked me this question and it.

50:43.63

Sam Valentine

Working my way through.

50:51.20

Sam Valentine

Um, yeah.

50:58.31

BRIAN

You asked me this question I was like that's the best question ever. So I'm tossing it back at you? What has your audience taught you? What is your community taught you.

51:06.86

Sam Valentine

Oh my god so many things they've taught me so many things. There's not a single day that I'd get on social media because that's the main place that I touch base with them that I don't learn something and that could be from another creator's Instagram it could be from a Dm. It could be from an email. I learn something every

Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

single day and that alone I think is a huge lesson that I'm never going to know it all I'm never going to be at all and I can just ah, consume and learn to the best of my abilities I also think that they have taught me that an acting career comes in. So many shapes and sizes and I used to get a little I don't want to use the word judgmental but I used to think that an acting career looked a certain way and it often looked like the box that I exist in and when people were in a different body or a different. Acting type or excelled at different things I would see them post something random or do an improv show and I would ah in my brain this is like me ten years ago would say like that's not going to be it and I and then I see them.

52:16.92

BRIAN

Um, yes.

52:23.71

Sam Valentine

A few months later and they're in a big show and I think what the fuck do I know like they they did like their impersonation of Jay Leno landed them on this major show because of. Something like there's just they show me every single day that there's no one way and any preconceived notions I have about what this career looks like and how I'm supposed to function in it can be true or they can be completely false and both can be true at the same time and yeah.

52:50.32

BRIAN

Yeah, lots of it's like paradox on top of paradox on top of paradox. Yes.

52:56.14

Sam Valentine

Yeah, yeah, it's such It's like get 22 in ah infinity side and I and I'm just I'm floored by watching people's careers blossom in ways that I did not think that were possible and listen I've been outpaced by tons of actors. Actors who have found me five years ago who have been like my number 1 people. We've talked all the time on Instagram I would say like at least 5 to 10 of them have triple the credits I do now and it used to make me uncomfortable I used to think well. That's not fair I've been working in the majorest market for the longest time and clearly like I've been working the hardest says who and says who that like the market is the thing or the person is the thing and. There's just so much room for so many more stories and people and I have had to eat a lot of humble pie in learning that lesson and now I'm just anytime I see someone book I'm like hell yeah hell yeah, whatever makes you stronger makes me stronger write down what you learned on set now I reach out to I'm like hey.



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

53:50.50

BRIAN

Yeah, yes.

53:58.98

Sam Valentine

You learn anything today on set anything weird happened you want to share a lesson with me and I'll write a blog post about it. So now it's just the rising tide like like brings up all ships and the acting career looks different on on every single person and moves at a different pace.

54:04.70

BRIAN

Yes.

54:11.28

BRIAN

That's so great that is so great and I love that that's the journey that you're on and I love just again, always wowed by your vulnerability and authenticity and so glad to hear from you now before we call day I'm sure tons of people are like I want to hear more and where can I see more and I know you've got some classes coming up. Can I just hand you the mic to just spill a little bit of like.

54:17.81

Sam Valentine

Thank you.

54:27.13

BRIAN

Where to follow and what's coming up so that people can be on track for that.

54:29.70

Sam Valentine

Absolutely ah so at 1 broke actress is the Instagram it's the Tiktok which I'm supposed to start doing soon and I I know I'm I'm tired.

54:37.29

BRIAN



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

I Know we both sigh. We both sigh when we think about that? Yes, okay.

54:44.17

Sam Valentine

Um, and onebrookacts dot com is the website. It's getting really fun revamp in the next month or 2 which is really exciting and there's 2 things that are mainly my bread and butter which is but of course the free things exist in the email list and the Instagram and the podcast of course. Are all like free content. You can steal all of my things get as much from me as possible I also if you are in the dollar family. You want to be a part of that team I have a Patreon and it has a couple different tiers. There's a tier where you get 1 on one work with me. There's a tier that just includes study halls. And there's one that just creates the community. It's like from \$4 to \$80 it's whatever you want it to be and I also have the working actor workshop which is start to finish how to get from the idea of wanting to be a working actor to actually working in a major market.

55:19.57

BRIAN

Awesome! awesome.

55:32.20

Sam Valentine

And that is full for the class in March but we have another class in June and a class in October and you can join any of those now and there's payment plans and it's like a really nice price and I made sure that the payment plan and the full price are the same because I never want to hey.

55:43.75

BRIAN

Yeah.

55:50.20

Sam Valentine

Because I never want to discriminate against the way someone wants to pay for something So everything's very flexible and and you know if you want a t-shirt or a hat that says copy credit meals. You can come out of me I Also yeah les. Thank you.

55:52.28

BRIAN

Yeah, yeah.

55:59.16

BRIAN

Ah, they're so cute. You guys the d-shirts are no joke. So um, we will make sure we link to all of that in the show notes and I'll just spill real briefly Sam and I have something cooking up in April and we'll like you'll we

Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

cannot wait and it's I'll just say I'll just it. It has to do with how you represent yourself so we'll let you know when that's ready to.

56:10.75

Sam Valentine

I'm so excited.

56:19.13

BRIAN

Bill so wait Sam I forgot we might have a coded of this conversation. Do we want to talk about dogs like the dog psychic real quick. Ah, okay, it's gonna make an edit. Okay, so but there's a woman. Her name is Sue Pike she you all you need to look her up on Instagram she's pretty incredible. She was in the New York Times so my partner and i.

56:23.50

Sam Valentine

I Don't even care if it makes it in the edit I need to talk about this.

56:37.30

BRIAN

My my partner. My fiance I need to get used to that word. So my fiancée he had his friends had had used this woman before to speak to their dog and we were like this is the wackiest wildest I don't know if I can say as to this but we're gonna try it so you have to we have to send photos beforehand of the dog and then you also have to send her the questions that you want to ask. And then you have to tell your dog for the few days. Follow up beforehand like listen, you're going to be talking to a woman named Sue and you you have full permission to say whatever you want to say to hers. We have to say that to our little Henry so I'll make sure I link to the photo somewhere of my dog in the show notes or something um and so and then you get on this phone call with her. It's not even on Zoom. It's on the phone. And she's like hi I've already checked in with Henry he said no to reiki today because she can give them reiki so he said no thanks because he wanted to be very chipper and awake for our conversation now I wanted to be like this is just wacky, whatever, right? I've never seen my dog behave more weirdly during this phone call in my entire life. So our dog is. Not yet 2 years old. He's super bouncy likes to run around play with his toys during this call. He sat right next to us the entire time did not move did not walk away did not have a toy was just with us the entire was really weird and weird cool right? And so you know so by um, my my. My fiance. My fiance said to me. No I just decided this year is the year I'm gonna believe in magic and so he said I'm gonna believe everything she says which is like the



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

cutest thing ever right? So yeah, so he she's like Henry is Jake's spirit guide and has known him in a past life and.

57:54.36

Sam Valentine

Ah, by the way. What? Ah what a person for you. Why eyes.

58:07.91

BRIAN

Um, he one of you is the silly one that would be me and 1 of you is the one who thinks too much that would be him and he's always in the room whenever we've had couples counseling and she goes and one of you needs to talk about your feelings more That's not me but I was like Henry's listening to our things and then and then she ah we also had so we had like really like. Daddy kind of questions like do you like your food and things like that and so she also told us you need to know that sometimes when I'm speaking to the dog I might speak in a funny voice because that's when I'm channeling the answer now that doesn't mean that that's the voice of your dog. That's just what happens so when she we asked you know like do you like your food and so he came back. Let me ask him. She gets quiet then she goes variety variety. Be nice variety and we're like dying but also like oh for what's right? like but also like the voice part of it really like set us off a little bit but it was amazing like she was so clearly focused on our dog. So if you believe in magic. It was amazing. He also told us like what he thought about his crate how he loved. We have in the morning he doesn't sleep with us but in the morning we let him come climb up in the bed with us and he really is the most. He's the most cuddly he is ever going to be all day long and we just had her ask him about that time and he goes magic time and it was like the cute it like yes, he loves it too. Know right? It was kind of feel like so if you have the desire to communicate with your animal I could not recommend it more highly just for the experience alone. Oh look at that baby. You guys have to look on Youtube because you're getting to see little baby doggie right now. Oh.

59:27.69

Sam Valentine

Do you want to talk this is solo. Oh my God I can't tell I mean we have voices for all of them like they all have very distinctive personalities because.

59:36.54

BRIAN

Wait can I hear his voice is it hid.

59:40.54



Ep. 65 - Let's Re-Define Productivity with Sam Valentine (oh, and BOUNDARIES!!!) - Transcript

Sam Valentine

Um, so's just a little boy and he likes to get up and play every morning is Christmas morning and I love my ball and my sisters and my mom and my papa I can't believe I just did that on microphone for.

59:47.91

BRIAN

Oh my god I'm so glad you did you guys I think that that is enough of us today just like cooing about our baby doggies but I wanted to share this with you. Of course we will also link to the incredible pet psychic in the notes um to ems. Thank you so much for being here.

01:00:05.75

BRIAN

Really really I Just love talking to you and know you'll be back all right? all right, take care I'll talk to you so bye.

01:00:06.11

Sam Valentine

Ah, always a pleasure and I can't wait to work together. So soon.