

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

Speaker 1 ([00:58:03](#)):

So I wanna move another direction. I wanna talk about like where we're going a little bit, like what's what's coming up. Right. And so, um, the let's talk about like habits and action steps and for my mindset coaches out here, I know you have habits to keep people in the right mindset. So this is not just about two due items. I wanna make sure you're hearing me say that. I wanna encourage you to be really take this for what it is. So I'm thinking about what is one habit or action, uh, that you've maybe discovered in the past six months that you'll continue to do as it relates to the business and this art form one habit that you've noticed or that like you've you picked up from the past.

Speaker 1 ([00:58:43](#)):

Sometimes I find a habit. Oh, that's an old habit of mine that like, it's coming back for me to use again, like that's what I've noticed. I'll just tell you guys one that I'm using right now. Um, which is so I work out in the morning and, and the morning is the safest time for me to not be interrupted because at four o'clock in the afternoon, oh babe, you wanna go, go for a walk with a dog instead, and now it's time for dinner. It doesn't happen. Right. So, um, so my morning is time that like, I wanna say, it's, sacreds more like it's the McDonald's of sacred time. Like if I put it there, it's probably gonna happen. Like it's not that hard to figure out, like, it's like a fast food of sacred. I don't have to work too hard to make it sacred is what I'm trying to say.

Speaker 1 ([00:59:16](#)):

Like, it's there it's fast food sacred, right? So like three o'clock in the afternoon, that would be like Michelin star, hard, sacred time. Cuz I'd have to stop everything I'm doing, but in the morning we can do it. Right. So I will go from working out straight to a coffee shop with my laptop and work on that creative project that has nothing to do with my business. That has nothing to do with anything that I'm doing in the work that I do because that to do list will come to me so quickly. As soon as I get in front of my computer and out of my house and like not allowed to open any other tabs. And it's just an old habit that I feel like I'm bringing back because that used to be that, you know, when I lived in New York city and I was an actor, great, you've got 10 minutes to sit down at Starbucks between your two auditions.

Speaker 1 ([00:59:51](#)):

Let's send three emails to these people. And like you use that time, like, so you got, you got the 10 minutes, you gotta get that worked. Right. That was like, and this is before we had phones in our hand too. Um, but like that, that habit is just like coming back for me to, to, um, delight in, uh, some of the like delight in the ease of that sacredness of that time. Like we, everything doesn't have to be hard, I guess is the way that that habit kind of shows up for me. Um, I'll pass it off. Who's who wants to, who wants to who at stake? This

Speaker 4 ([01:00:18](#)):

I'll go. All right.

Speaker 1 ([01:00:19](#)):

Go ending.

Speaker 4 ([01:00:20](#)):

Yeah. Um, well I wanna offer up like a professional one and a personal one, but I'll start with the professional, just for actors like coming back out of whatever it is. Um, just on a self tape level. I just wanna encourage everyone to stop doing so many takes <laugh> okay. Because truly look as a working actress, like you are hired to deliver on the first take on set. That's what you're hired to do. And so you want to prepare like a pro even in the comfort of your own home. And I know when the pandemic first started, it's real easy to start doing 20 takes. And now you're like looking at 20, like it's just too much and you're, you're never, it's a really bad habit. You will never get that many takes on a high end job that you all want. Right. And it just won't serve you on the set to be doing 20 takes.

Speaker 4 ([01:01:10](#)):

So maybe, you know, you do two takes or, or three takes of the scene when you get the job before they move on, like they have moved on. So I just, that's like a super practical sort of stop doing so many takes be. And what it also does is it helps you, and this will help you, like in general, but to start trusting your intuition. I think as an actor, it's like, go back to just, I just did a self-tape in my garage literally before we got on this. And, and it's like, what do I just bring to this that I know? Is it just drop into the, what if you are just enough and you just did the scene and you know, all the you've done, your it's really about you do your prep, you commit, you play and then you send it right. We did three takes, edit it, gone, done whatever, threw on some lashes. And uh, um, now I'm here. Didn't wear the lashes in the scene because it wasn't required for the character. Wouldn't have that. Wasn't it. You

Speaker 8 ([01:02:07](#)):

For us? I, I did. I

Speaker 4 ([01:02:08](#)):

Told I did. I had an I'm like your hair put on a little extra lashes for Brian and the girls and guys and everyone here, um, personally, uh, per <laugh>. I dunno why I like added that in. I thought I'd tell you guys, um, personally, I would say plan more fun. Um, whether it's like trips or even gatherings with friends or hikes or beaches doesn't have to cost money. Um, I think it's a really necessary part of like our creative journey. Right. And I know for me, and maybe some people listening, like some of us literally have to schedule it in or, or we won't stop being productive. Right. I know I'm a, I'm a recovering type, a doer. So, um, you know, I just wanna remind everyone like rest and play is so productive. It's more productive than you trying to make more happen from a place of exhaustion.

Speaker 4 ([01:02:59](#)):

So I think anything that's getting you back, and a lot of us are talking about today of like, of alignment, of like what lights you up, what brings you joy? And in the pandemic, a lot of people were like, I love baking bread. And so now they're all baking bread, whatever it is, it can actually serve you as an actor because you come back refueled and recharged. So, um, and as Brian says, sort of, uh, on the workout thing, if it's not scheduled, it's not gonna happen. So I'm all for like my, the schedulers, like put it on the calendar, do it. And then when you get a self tape, don't do so many takes and then go back to playing and having fun. Yeah.

Speaker 1 ([01:03:31](#)):

<laugh> I love it. Oh, what about you and Zingo? What do you have to say here?

Speaker 3 ([01:03:36](#)):

Yeah. Thanks so much. I love all of what you said, Wendy. Right? My mom are, are you having fun? Are you make sure you, you, you hang with your friends. I'm like, okay, mom. Yeah. So on to piggyback on that, one of the things, the things that I actually teach my clients, and one of the things that I practice in my own life is the one thing strategy, right? I can't tell you how many actors I talk to who are in a state of overwhelm or beyond that and burnout. And they don't know why. And I said, well, let's how many things are you doing? And I, and one girl, nine projects. You have nine, no wonder you feel like you don't know how you're gonna get through the end of the day, because you have way too much on your plate. So the habit that I am continually encouraging myself, right? Because I'm an actor, I'm a business owner, entrepreneur. Right? Um, I have a partner which gives me responsibilities. I have my pets, right. Is the one thing strategy it's doing one thing until you successfully complete it, put all of your energy, all, all, get all the ducks in a row and then move on to the next thing.

Speaker 1 ([01:04:54](#)):

Go away, quit talking. Stop it. I can't hear this. Stop it. <laugh> I'm mad at you. Stop it. Cause this is exactly what I need to think about every day. And I'm mad. I'm just,

Speaker 3 ([01:05:04](#)):

I don't override. Cause I'm like, oh my God, another course to sign up. No, don't sign up for that course in. Zeka stop it.

Speaker 4 ([01:05:12](#)):

<laugh>

Speaker 3 ([01:05:13](#)):

Right. I have to tell, I have to do it every day. It's like, no, you cannot take that on. These are assignments. You understand it. Stick to it.

Speaker 1 ([01:05:21](#)):

Wait I, and Z can I say that in the computer does not help you and neither does your phone. That's it? You could have multiple apps open. You can have all those tabs across the top. That is the devil. That is the double you call me out. Brian, don't call me out.

Speaker 3 ([01:05:35](#)):

And that was the thing Tony was saying, say no to it. Right? So when you understand what the goal is that you're working for today, you were allowed to say no to anything else that doesn't align or move you toward that. And before Shonda RH had her year of yes, I had eight years of no, wait,

Speaker 1 ([01:05:51](#)):

I wait that name of that book makes me crazy. Cuz I go, wait. Yes. Be careful. We need to have a lot of no's before we say yes to

Speaker 3 ([01:05:57](#)):

Everything. People, her big, no was 7:00 PM. She's a showrunner of three shows playing consecutively. Her 7:00 PM. No email. I checked no email after 7:00 PM. That is a big, no,

Speaker 1 ([01:06:10](#)):

Look at the face.

Speaker 3 ([01:06:12](#)):

I mean that is a big like boundary. Yes,

Speaker 1 ([01:06:15](#)):

Yes, totally.

Speaker 3 ([01:06:16](#)):

I know I have no fires. I'm not putting out any fires. I don't care. I'll see you in the morning.

Speaker 1 ([01:06:21](#)):

Get it together. People. Yeah.

Speaker 3 ([01:06:22](#)):

So it is okay to say no. Yeah.

Speaker 1 ([01:06:24](#)):

Right. I love that. Yeah. So yeah. Amy, I saw your little finger go up. What did you enjoy? What did you love?

Speaker 7 ([01:06:29](#)):

My little finger. Um, so I, uh, I think my favorite habit of late that has come about in the last six months, <laugh> it's um, daydreaming, tangibly. So occasionally, um, I will, so an artist date day, right? Like from the artist's way, which I've only read the intro to, but they talk about artist date. So nailed that. That's

Speaker 1 ([01:06:52](#)):

Saying something, that's saying something we're not gonna know what that says, but it

Speaker 7 ([01:06:55](#)):

Says we're gonna let that be in my own coaching session with myself. Um, so

Speaker 3 ([01:07:00](#)):

<laugh>

Speaker 7 ([01:07:00](#)):

So an artist date, right, is when you go out on your own and you get inspired and kind of exist in the land of inspiration. Uh, but one of the pieces of that for me is I will drive to the studios that I wanna work at and I'll kind take them in now. I know gas is expensive right now, so that might not be possible. I'm very lucky that I live pretty close to two of the ones that I want to work at, but I get really inspired by the Warner brothers water tower. And I get really inspired by the Disney animation building. They have a big old hat. Um, so, you know, I think that there's something to be said for, if you live in New York, get on the train, go to a Broadway theater in the middle of the day and pretend like you're going to rehearsal, just go touch the building.

Speaker 7 ([01:07:41](#)):

If you want get tangible and then go to a coffee shop and journal about how you're gonna work there at some point soon. I love. And I, I think the only thing to be aware of is if it starts to feel like desperate or like icky, where you're like, oh, why don't I have that? Then it's not working. Yeah. Like it's gotta be that feeling of like, oh yeah, that's coming to me. I'm gonna get to do that someday. Someday soon. It's sooner than I think. Right. So to me I've been like, yeah, I've been driving to Warner brothers and there's like, I just go and sit. And I like look at the big billboard of friends and big bang theory in the water tower. And I nerd out for like 15 minutes and then go to a coffee shop and journal. And it's honestly the best. It feels really good. And it makes it feel, um, like tactile. It makes it feel more possible. Yeah. So

Speaker 1 ([01:08:28](#)):

I love that also makes you feel like, like you can vibrate at that frequency. It's like, if you haven't, I like I can vibrate at that frequency. That's what, like, I can, I can occupy that space. I think that's so, so cool. Yeah. Yeah. Yeah. Jody, what about you?

Speaker 2 ([01:08:41](#)):

Oh, uh, I I'm glad you called on me cuz I, I love what you just said, Amy, that really resonated about like stepping into, um, the place where you wanna be with a sense of belonging. You know, I think even in my own life and career, I've always felt like I never belonged. That was part of my journey and story. So it's, uh, my whole career has been about stepping into, um, my power and stepping into serious regular status, stepping into what I, what I wanna manifest for myself. And, and I love what you said and some habit that I've formed just personally, um, the past probably five to five, six months, um, is being creative every day. And like I wanna, I am going to be a serious regular. That is part of my trajectory. I know this to be true. So I better be working on text every day.

Speaker 2 ([01:09:26](#)):

I better be working on scenes every day and acting for the sake of acting is sort of what we're talking about and making sure my instrument is always open and for such a long time, I got so, um, just sucked into building my business and helping other actors, you know, especially during the past two years, my God, I put blinders on and was just like, I'm gonna step up and help everybody cause everybody needs help and really forgot about my own creativity, which fuels me my, why. I forgot about my own. Why, you know, um, God. Um, so really for me it's been real, like just doing a lot of exercises to get back into my creative creativity and letting my instrument be open every day. Um, whatever that may be. So that's been a new habit and, and honestly that's been really, you know, I'm all about business and mindset and everything.

Speaker 2 ([01:10:11](#)):

And I'm like be creative, you know, <laugh> and she's like nothing I would ever say, I'm I am not a recovering type, a doer. I'm still a type a doer. Um, the, this is like been really challenging for me these five months, but it's really shifted. Um, my auditions, like speaking to Wendy, like I did an audition last night. I had one scene I did in three takes one scene I did in one take and I was like done recurring guest star in a show and felt great about it. Yes. Because I'm allowing my in, thank you, allowing my instrument to be ready because we get to be ready. Right. You know, we're talking about mindset and business and all of this, but we also make sure our craft is great and golden to go. You know, that's a big part of it. And

Speaker 1 ([01:10:50](#)):

Jody, what you just said, if I can just wanna make sure everyone heard what you said is like, I did it in three takes. I did the other one, one take. And the way you describe the way you felt, that is a great goal. Instead of getting more auditions, I wanna feel that way. When I put the auditions on tape that I do have, I wanna feel like I contributed to like anyone who watches that tape knows who Jody is, knows what she can bring to it. And if that's not the color they're looking for that day, that's at the flavor they're looking for. They got everything that Jody can offer in that storyline and they go, oh great, whoa. Well next time, if not if or this time or whatever it is that they can like that, that be your, your new goal just is so much more. I just saw what if watch us on YouTube? Y'all because Jody's reaction in her body was a gift

Speaker 2 ([01:11:32](#)):

That's thank you. But that, that, yeah, it is. I love that's how you wanna feel. Um, and the other thing, the other habit that I've started doing again, which is what I was doing pre pandemic, was doing two, three coffee meetings a month with people and getting back into doing that. And it's been so joyous to connect with the people. And even like, I went to coffee with a, a director the other day who I, who I've known, I auditioned for his film and he didn't cast me a couple years ago and we went out for coffee and he was like, oh, I have another film coming on the pike. I'm gonna give you this role in it. I was like, great. Like, it was just like, okay, this is what coffee, this what happens when you actually

Speaker 1 ([01:12:07](#)):

Realness. We went for only real this. We want offer only room. That's what we want.

Speaker 6 ([01:12:10](#)):

Yes,

Speaker 2 ([01:12:10](#)):

Exactly. So go to coffee meetings and you'll get offers. That's what I'm telling you.

Speaker 1 ([01:12:15](#)):

Well, also, I just want Jody, one thing that one thing technology that Jody's tapping into that I think is in the zeitgeist of everyone right now, people do want to see other people in connect. Yes. And know we all have different levels of safety that we all need to be aware of. Of course. But I just wanna say many, a person has said, I need to be with this person. I need to see a person. So even Jody asking that person for a coffee where we may feel like, oh my God, I'm so I don't wanna annoy them or ask 'em to do something like that. Person's probably feeling just as delighted to be like, Ugh, let me, do you know what? I'm having a harder time getting back into my habit of getting outta the house. That's a great idea. I'm gonna say yes to this coffee with Jody, because that's part of who I'm wanting to be right now. And Jody giving

someone the opportunity to be who they want to be. So to remember that that's part of what also is in that space. Tony, I saw you nodding your head. Do you wanna chime in here?

Speaker 6 ([01:12:56](#)):

Yeah. Well, I'm nodding my head now, but uh, up until this point, I was kind of shrinking a little bit for any of you watching this on YouTube, because as I'm thinking about, oh, habits, I, I, I got all the things to talk about with habits, but I gotta start by calling myself out because we're talking about these things that bring us joy. And as of late, I haven't been making as much time for those because I had areas of my life, particularly in the finance area and the business area that was neglecting for so long that now I'm in a season and Amy, you and I were DMing about this, how we're like we're in a season of, oh shoot, I gotta put in a lot of work right now. And in doing so kind of alluding to something we were saying earlier, it's very easy to just not put it on the calendar and just not make time for it at all.

Speaker 6 ([01:13:40](#)):

So that's something I wanna say as somebody who teaches this stuff on how to be a happier person, I, I, I'm a little guilty of not following my own words as of late, and that's not something I'm proud to share. So I gotta start by saying that as far as the habits go, I mean, I, I believe at the foundation of our mindset is the content we consume and the content that we stop consuming in a habit that I have built over the past few months is I'm great with the self-help podcasts and the acting podcasts and the books and the positive YouTube videos. I got those all day. But up until recently, I was like, uh, Tony, you're always complaining about finances. What, what are you doing to improve your mindset on finances? So now I have like, <laugh>, it's gotten to be about five to seven different categories of content that I consume. And sometimes we're talking about 20 minutes per category. It doesn't have to be like two hours per category, but particularly in, uh, health,

Speaker 1 ([01:14:38](#)):

Tony, like total overachiever. I just wanna just tell you're like, it might just be 20 minutes and we're all like you achiever, what is happening over this?

Speaker 9 ([01:14:48](#)):

That's I only read the to artist way.

Speaker 1 ([01:14:50](#)):

That's what, that's what I was doing. That's the math I was doing was like, uh, no, no, yeah, that's a

Speaker 6 ([01:14:55](#)):

Lot. So for context, this is a habit I have built over the past five or six years. So it has got it. Didn't start with all these different categories, but also to further explain it, my date, my J B that I work 25 hours a week is data entry where I'm copying, pasting, copying, pasting, copying, pasting. I can listen to so much content. So we'll see if I talk a big game once I'm outta the J

Speaker 1 ([01:15:17](#)):

<laugh>.

Speaker 6 ([01:15:18](#)):

I gotta do that. Got

Speaker 1 ([01:15:20](#)):

It. But what I, oh, Tony, I'm just gonna, this is, you didn't even mean to contribute this, but I just want everyone to notice that I think it's really important. Shannon tapped into this earlier, and I didn't know this was gonna be a theme, but finding the J B that does in some way not tap you is such a huge part of having a creative career. I think, and I think a lot of actors can I start to identify with that other job because they're spending time there and because they're starting to care a little bit about it, and I just wanna everyone information like you're allowed to care about being a good server. You're allowed to care about being a good person in that temp job or that office or wherever it is, or that person you're assisting. You're allowed to care about it with, and it not take away from your acting career.

Speaker 1 ([01:15:54](#)):

There's a different mindset shift. That's needed to say this isn't all that I am. And I think because we get that feedback loop in a J Oob where I put effort in, I get a result, I put effort in, I get a result. And sometimes that's missing from the acting world that that can feel like a loop that never ends. And so that loop mm-hmm <affirmative> because it's an incomplete loop. This loop is like, well, then I must not be doing the right thing because over here, when I do it, it works out perfectly. So I have to just really relate to them with a different mind. Again, are you Vango painting to paint? Are you Vango painting to be hung in the museum? That's two different versions of the same person. Right. So kinda like noticing that piece. So I just, I appreciated you kinda bringing that up one more time in a, in a different way. Yeah. Um, Shannon, did you get a chance to talk about this?

Speaker 5 ([01:16:32](#)):

Not yet. Okay.

Speaker 1 ([01:16:32](#)):

I'd love to hear what your contribution is.

Speaker 5 ([01:16:34](#)):

Yeah, yeah. So I think something I've been working on the last few months is I am naturally more of a feminine energy. It's actually easy for me to quiet my mind, to surrender, to tap into my intuition. What I have a hard time with is taking action. I don't have a lot of that hustle. I don't have a lot of that masculine energy in me. And so I think something that I've been trying to implement is discipline. Um, cuz it's not the fear that's stopping me. It's the discipline. Fear's always gonna be there. Limiting beliefs are always gonna be there. That's never gonna go away no matter how much mindset work that I do. Um, and I even feel that that fear is the invitation to up level. But the only way I can do that is adding a little bit of discipline in and, and moving with that.

Speaker 1 ([01:17:18](#)):

Can you give us an example of the, how you give yourself discipline? Cause we all, we hear the word discipline and we all go. Sure. Oh rulers.

Speaker 5 ([01:17:25](#)):



Sure, sure. And that's another thing I'm doing is I'm seeing discipline as, as a tool. Like it, it's not something that's scary to me. It feels that it's something that sometimes I just need a little extra push. For instance, I was on vacation last week. Um, yesterday we got home and I was like, okay, I have have a little bit of vacation blues. I could sit here and throw sweat pants on and you know, leave the laundry and just kind of like go through my day. But I'm like, you know what, I'm gonna put a cute dress on. I'm gonna put makeup on. I'm gonna wake up a little bit earlier. And so I think it's just deciding to, uh, to go a little bit further that, so it, it can look as simple or as big as you want it to be. But I think for me, it's just like, um, letting that inner critic get a little bit loud some days just kind of managing that some days I need it to be a little bit softer, but I know because I am naturally more of this gentle. Like you should rest, you should just trust your intuition on this. I know that I actually welcome the, the louder voice than I had to be. Like, no, let's push a little bit harder today. Show up on stories today, put out some sales emails today. Um, so I think it's just, um, giving myself a, a kind gentle push

Speaker 1 ([01:18:42](#)):

<laugh>. Yeah. And what I hear you relating to this Shannon is just relating to that part of you, not with a, like, it's not slapping you on the back or whipping you or like, it's like, oh, there's that reminder. I don't, I don't have to beat myself up for that reminder, but let me, and it relates a lot to it. I thought what enga said, which was like, one thing is a, as a form of discipl is a form of discipline. I'm gonna not open 65 tabs on my computer. I got this one thing I'm doing. That's another form of like, I'm gonna totally, I'll just share this with you guys. Maybe this is embarrassing, but I realize that every night before I go, like I'm in my office across the way from it is our bedroom, my, my partner and I, right. Um, and every night he's like, are you coming to bed?

Speaker 1 ([01:19:16](#)):

Or what? And like, if this room, this is the room where, you know, I do my business. It's also the room where I get dressed. Like my, this is where my closet is. And so, uh, if this room is messy, I like can't. I have to, because I need to be able to come in in the morning. Yes. And delight my morning self. And one of the ways that I kind of relate to self care, which I think is in the world of habits is how can I delight myself? And that is to come in this room and have it looking nice is a, is a delight to me. There was a candle burning in here today. Like, so looking for places to delight myself often makes me feel like just a little more like engaged, I guess. Mm-hmm <affirmative>, it's, it's also, it's weirdly. I think of it almost as like, I am an extrovert to myself, like I'm lighting this candle

Speaker 1 ([01:19:56](#)):

For the other for me, because it's gonna keep me company and it's like this other part, like it's like being an extrovert inside of myself. Right. You can handle, um, yeah. Perfect.

Speaker 1 ([01:20:35](#)):

So keeping this conversation around habits going on, Jody, you wanted to share something. Go ahead. Go for it.

Speaker 2 ([01:20:43](#)):

Yes. I, I will be your discipline. Shannon. If you'll be my gentle female nurturer. <laugh>

Speaker 5 ([01:20:48](#)):

<laugh> I got you.

Speaker 2 ([01:20:51](#)):

I got enough masculine energy in here to help. So

Speaker 5 ([01:20:54](#)):

That's so funny because like I mentioned at the top of this podcast was like, I get your emails all the time. And I'm like another Jody email. I'm not doing enough. Like <laugh>, but I need that. I need that. <laugh>

Speaker 1 ([01:21:07](#)):

Of a good time.

Speaker 2 ([01:21:08](#)):

I need you to tell me to slow down so, and cuddle with my dog. So let's, <laugh> we'll chat later. <laugh> um,

Speaker 1 ([01:21:15](#)):

The, what I would just for one more piece that for everybody I think will help is tap into your own technology. Like notice yourself. My rhythms are that by about four o'clock. I can get real cranky in my day and it's probably cuz I needed an app cuz we live in a capitalist society where you work eight hours a day and you really should work about three. So let's just clock that <laugh> without getting too well that's conversation for a different podcast. Right? <laugh> um, so, uh, but a different strength arises usually like it's a really fun time for me to say, let's look at some graphic design and Dick around with that for a little while, instead of try to work on words, cuz my brain's not ready for words or let's actually go for a walk with the dog or eat five grapes from the refrigerator, which is usually what happens.

Speaker 1 ([01:21:53](#)):

Um, and so like this, I find that the afternoon is like, you know, the water cooler moment I normally have in an office right. Is needed. And my energy just changes. So when I say tap and turn technology that is noticed when you feel like I'm really in my strength and that can either be a timing rhythm, it can be a food rhythm. It can be a where you are or the environment you're in rhythm. Like, oh, I work better in a coffee shop when I'm doing this kind of work. And cuz I think a lot of times shoulds can come up when it comes to habits, the habits should look like this. Yeah. However, screw that it should look like what habit, whatever it does for you to make it, get it done. Right. Um, alright. So question for the group and this is like, this is totally selfish cuz I wanna know. And Tony may have already spilled on this. What can you share either the places that you go for inspiration as a coach, either that's a podcast or a book or a blog, just one place, cuz this can become a, we can talk forever. So pick one, place your juiciest one. Uh, if I was to give you a gift of an hour and say you get to go spend time with this resource being inspired, what comes out for you? Uh, and Shannon's already laughing. So I'm coming to you first.

Speaker 5 ([01:22:56](#)):

Probably not the answer you're gonna expect, but my mom, I feel I call my mom every day. I they're on the east coast, I'm on the west coast and like I get off those calls and I'm like, I can do anything today. Like she is my biggest, my, my hype woman. Like she's always reminding me of all the good that's going on in my life. She's the reason I even got into spirituality and intuition at such a young age. Like that is my go to forever. Inoa

Speaker 1 ([01:23:24](#)):

I love it. I love that. Jody. What about you?

Speaker 2 ([01:23:27](#)):

I'm just jealous of Shannon right now. So I'm just gonna sit in my jealous for a second and I want NA Z's family to adopt me. So there we're <laugh> um, um, for, for me, um, when I do have time to listen to stuff and I used I'm, I was kind of sad about, um, not being able to drive anywhere and go anywhere during the pandemic. Cuz the only time I listened to, uh, things was audio books in my car. Yes. Um, and I don't listen to them in the house. I, I just, it doesn't seem right. I don't know <laugh> um, but able, totally

Speaker 1 ([01:23:54](#)):

Doesn't seem right. It totally doesn't seem right. I just wanna just like acknowledge it doesn't seem right. Like what am I doing with audio book on, in the house? But someone might come in and need to talk to me. I don't know. Right. It's just, who's coming in

Speaker 2 ([01:24:03](#)):

And I will try to multitask and then I'm not doing anything, you know? I can't, so it has to be in the car. Um, but BNE brown. I love BNE brown. I love listening to her. Yes. People. Right? My people, there you go. This whole

Speaker 1 ([01:24:14](#)):

Palace of the heart, everybody.

Speaker 2 ([01:24:15](#)):

Yeah. Yeah. You know, vulnerability is just that, that took me a while to learn as a coach is that my vulnerability was my strength and my vulnerability allows other people to open and, and learn more. So yeah. Renee brown, hands down. Awesome.

Speaker 1 ([01:24:29](#)):

Awesome. What about you and Zinga?

Speaker 3 ([01:24:32](#)):

All right. Really corny. But I actually put, I drink my water all about habits stacking. Right. I drink my water as soon as I get up. Cuz if I don't drink it right, then it's not getting drank for probably till the end of the day I go into my bathroom. I literally turn on Dallas's podcast. Coach was on a mission lip. Something was not, I was like, I what's. And I literally turned that off, turned that on. And my like coaching CA cake comes on. I'm like superwoman, she's ready to go. I'm like body brushing, listening to Dallas and something clicks. I get into some place in my mind where I know I can figure out figured everything is figure outable. Right. Which is one of her, um, Dallas isms. And I, when I don't do it, that super Cape isn't on and I just use it and it can be five minutes. Right. I'm not body brushing for a long time, but I just need to hear her voice. I just need to hear her in the groove. And I'm right there.

Speaker 1 ([01:25:30](#)):

Wait, wait two, three. First of all, for those of you who don't know, Dallas Travers is a coach that a few of us work with and she's been on this podcast actually and her yes in her podcast is called coaching coaches on a mission. So if you are a coach, who's listening, please be inspired and go have a listen. But also we have talk about body brushing, please. <laugh> <laugh> do I need to be doing this, doing this? Like I'm obsessed with all things skin fabulous.

Speaker 3 ([01:25:51](#)):

Yes. Because it's a natural way to detox your skin is your, is your biggest, um, organ, right? Yeah. And so you're actually, um, working the lymphatic system. Right. So if you work out that that poison needs to get out and this is really a way to introduce some movement and wake up yourself at a cellular level to Google. So yes, you have

Speaker 1 ([01:26:11](#)):

To watch do YouTube. Okay. I need Google. Oh

Speaker 3 ([01:26:13](#)):

My, I I'm gonna send you a body brush.

Speaker 1 ([01:26:14](#)):

Okay. I'm that? I'm into it. I'm <laugh> um, Wendy, what about you? What do you wanna contribute? What's your big,

Speaker 4 ([01:26:20](#)):

Uh, yeah. I love that. Um, uh, I have been rereading some classic favorites. Um, the late great Wayne Dyer's book wishes fulfilled is, uh, on my desk. And, um, the quote from it just lately that he reminds us. Um, and it actually goes in, in line with what Amy was saying about going to Warner brothers or, you know, going to the place and how you would feel there. He says, make your future dream a present fact by assuming the feeling of the wish fulfilled. And the book is all about how to do that. And you know, it's very much in long alignment with what we're talking about with auditions and everything with actors today, it's like the energy of wanting something and the energy of having something are very different energies. And so you can learn how to shift into be having without seeing it yet. It's a really powerful, um, way to be. So I love that.

Speaker 1 ([01:27:15](#)):

I love that.

Speaker 4 ([01:27:16](#)):

Tell me, and I'm rereading it cuz I need it all the time. <laugh> <laugh>

Speaker 1 ([01:27:21](#)):

Tony. How about you?

Speaker 6 ([01:27:23](#)):

So I mean, anybody who knows me knows that I'm a, and I already alluded to this earlier that I'm a content junkie that I'm always have a podcast, a YouTube video and audio book that I'm listening to consuming. But if I need in that, that to

me is like brushing my teeth if I need inspiration. Um, yeah, I'll go to those things. But if I wanna do something different, I wanna switch things up a little bit. I'm gonna go to a baseball stadium. I am such a baseball nut up until I realized I was gonna be an actor. I thought I was gonna be a baseball player, which is hilarious because I could not play baseball to save my life <laugh> but I love going to baseball stadiums. I love I live right near, near Wendy. You'll appreciate this. I live right near Wrigley field <laugh> and uh, and so I like see the players walking into the ballpark. I see the media, I see people with the, with the, uh, Cubs badges who work for the stadium. And I just, I just get so inspired by the grandeur of it and even going to minor league baseball stadiums and seeing, uh, the players who are like working so hard to get there. It's just, it's, it's, it's all really inspiring to me. And it's kind of connected to the journeys we're on to get to like that biggest stage so to speak.

Speaker 1 ([01:28:35](#)):

I love that. And I love it because I think that we sometimes think we have to seek inspiration from things that are adjacent or right next to exactly what we are doing. And so often I find that, you know, like looking at art and being a, a singer can be totally, can be the inspiration for the singers looking at paintings or whatever. Like the different things can inspire it. Yeah. Amy, how about you? Yeah.

Speaker 7 ([01:28:54](#)):

Um, well, Brene brown was my first answer. I think Atlas of the heart, uh, for people who, for the listeners who don't know what it is like, it goes through like 87 of our emotions and like just what they are and the language for them. And so I read about an emotion every morning. So like, I will do a journaling thing. I sit outside and as another habit, but a journal and I read about one emotion and try to like take it in. And I usually take a note on my phone of like, how does this help actors specifically, like, how does this impact the way that we see things or how we work? Um, and then usually that ends up bleeding into my coaching for the day, like with my, with my clients, cuz it's just like what I'm thinking about that morning. Um, yeah. And then as I mentioned, like I go get inspired by wasting gas and driving to study. Uh, I'm mad. The other thing I thought of cuz it happened yesterday was like, I it's so funny cuz you know, my current, like one goal thing is voiceover. Uh, but I get really inspired by top gun by the movies. Like I went and saw top gun for the third time yesterday. It's fine, everybody. I'm fine. Wow. Again, another coaching

Speaker 1 ([01:30:00](#)):

You obsess miles teller.

Speaker 7 ([01:30:01](#)):

Not even a little. Uh,

Speaker 1 ([01:30:03](#)):

No. I mean I thought that was a highlight. I mean I was like <laugh>

Speaker 7 ([01:30:07](#)):

No, I'm really I'm there for many, many reasons. Okay. Uh, but no, I'm just kidding. So I saw that movie and I think that part of what inspires me from it is how committed Tom cruise is to doing things the way he wants to do them. You know, he's got his own stuff, but like I find it really interesting and intriguing that he's like, no, I want to do this stuff because it brings me joy. Like I make movies because I love it. I do my stunts because I love it. And I wanna go all the way and I

wanna protect the other, like I just find that inspiring and that these actors jumped in and learned how to do this stuff. Like to me, that is so inspiring to be committed to an experience. And I, I really love any piece of art that creates an ensemble of people who've gone through something really beautiful and intense together. Um, so yeah, I just, I get inspired by things like that. So love it. Inspiration is everywhere. Yeah.

Speaker 1 ([01:30:58](#)):

I dunno. I'm I have the dorkiest one of the world. I mean then on the first and the first, I'll say on the first, uh, when we did the survival guide in the beginning of the year, I said the New York times and my, my inspiration right now is NPR. I mean, I'm the biggest story. Let me, let me explain a little bit why, so I was not in debate club in high school, but I've subsequently figured out like what is debate? You have to fight both sides of the angle or whatever it is. Right. And one of the things that I love about NPR is there, it's almost always investigative of some point or sharing a story of human connection. Right. And so to me, so much of the work that I do with actors and you guys will say the same is communication connection, making sure that you are being heard at the level you wanna be heard at, they are being heard and seen at the level so that you're really dealing with the individual in front of you, right?

Speaker 1 ([01:31:40](#)):

Yes. And so I think journalism at its best is even in fair and factual and really looking at it from all the different angles. And I'm a, I'm a person who loves language. And so hearing terms of phrase that they're using again, an NPR and in New York times, it just helps me find more tools to be able to bring to the conversations that I have. So that's where the inspiration comes from me is having, like I realize like terms of phrases that I'm like suddenly using, I'll find myself saying like, oh, I think I heard that NPR. Right. And it just gives me, I think, more facility to show up. So I think that's where that comes from for me. Love that. That's cool. Yeah. Um, so, uh, looking at the year ahead, I want you to share with us and kind of just give us, you can make this simple, as simple as you can. What is one thing that you hope we see in this business between now and the end of the year? I'll give everyone a second to just be with that question for a second. I'm gonna share what I think I'm gonna share it to just get a start. Okay. Cuz I think that's fair cuz it's not that easy for a question.

Speaker 1 ([01:32:36](#)):

It's a, <affirmative> it's a big ask people. It is a big ask. What I have that I wanna see, I want to see actors be delightfully deliciously inspired, loving, and at home audition in the same way that they love going in person. And I, that's not something that I teach or something, but I wanna, I would, that is my wish. I guess my, my desire between now and the of the year is more of a wish I would say right, is that we can find that joy that can find that desire connection. And many actors might already feel that. But I find so many actors that I speak to will say like I'm missing that. And part of that is being on a connection diet, I think after the past few years. Right. But I want, um, that kind of joy that Jody kind of talked about putting those things on tape, like to have to have every actor feel that sense and like, have it be like that's in the bag, what's the new conversation like that conversation is one where we have achieved some level of facility and joy that, um, let's that be the thing that we don't, that you, it's not a wrestle anymore.

Speaker 1 ([01:33:39](#)):

The longing for something that used to be, I guess, is, is kind of what I'm hoping people can be free from. Um, and Z you wanna start us off

Speaker 3 ([01:33:46](#)):

Love to love that. Brian, thank you so much. My vision is to see actors move out of a state of overwhelm, right? Because modern man's a keenly seal right now is overwhelmed. We've replaced flight fight, fear, freeze to being in a state of overwhelm. So I wanna see actors moving out of the state of overwhelm to a place where they know they're going their career is going to work out regardless whether they're auditioning, booking on a vacation, right. I want them to live full lives and not feel like they can only just do this one thing and then do 20 of those things. Right. So that's, that's my hope. I love

Speaker 1 ([01:34:30](#)):

It. I love it, Tony. I see that peace sign. You're holding up for me.

Speaker 6 ([01:34:35](#)):

<laugh> to, I mean, I, I, I, I wanna piggyback off what enga said because to elaborate off of what I said before about saying, no, I don't want actors just to say no for the sake of saying no, I want actors to say no so that they can use that space for other things that have nothing to do with acting that bring them joy. Uh, a couple of, you know, this story already. But earlier this year I booked out with my reps for two months. I sublet my studio apartment so that I could live rent free for a couple months. And I came back to live with mom and dad for a little bit. And I also knew I would get to see a lot of family. What I didn't know was that during that time, my grandma was gonna basically get ready to pass away.

Speaker 6 ([01:35:17](#)):

And I got to spend so much time with her that I wouldn't have had if I hadn't said no to acting for a little bit. Now I had specific reasons for saying no to acting, but I am just so grateful that I had that time. And I think that we forget just how much we, how, how much that really makes us happy that we think the auditions, that those more auditions we were talking about are gonna make us feel all of these other areas of our lives can make us feel that same way. If we allow the space for them. That's what I wanna see more of.

Speaker 1 ([01:35:52](#)):

I love that. Tony. I love that.

Speaker 1 ([01:36:02](#)):

Wendy, how about you, what's, what's one thing you wanting to see in between now and end of the year?

Speaker 4 ([01:36:08](#)):

Uh, you know, I just wanna give this to actors that maybe they can adopt this mindset moving forward to have a great second half of the year, which is really to say this to themselves. I will no longer allow one negative opinion or one rejection or one disappointment to forecast my fate or derail my dreams because, and it'll happen over and over maybe weekly, maybe daily, maybe three times a day, but I'm gonna acknowledge that those things will happen. Right? And I'm not going to allow, I tell my kids put a love shield around you. <laugh> I'm not gonna let it penetrate into my psyche and, and how I think of myself. And so really it's surround yourself, you know, with those who share your energy. I mean, Brian, for putting this together here, we all are bright lights, uh, sharing. And, and I'd say to actors, don't be afraid to shine brightly because the world needs more bright lights. So, um, we're all in this together. Yeah.



Speaker 1 ([01:37:12](#)):

Yeah. I love that. How about you, Shannon?

Speaker 5 ([01:37:15](#)):

I would say prioritizing peace and prioritizing how you wanna feel in your body. I just think that that is the game changer because what we're feeling we're attracting. Um, so yeah, priorit prioritizing peace and what we're feeling

Speaker 1 ([01:37:32](#)):

Love that Jody, how about you

Speaker 2 ([01:37:37](#)):

On knowing innately that you are remarkable and taking full ownership of who you are, what you want and where you're going. Um, and just like what Wendy said, let that shine, let that shine. Cause there, there are naysayers and there are, they're not, and we tend to listen to the naysayers and just, I think wanted to leave you with the statistic of, you know, 30% of the people in this world are not going to like you, but we chase those 30% <laugh> but 70% are your freaking people. Yeah. And we spend the time chasing the 30% and, and then we lose ourselves in that. So my invitation and my hope, and my desire is just take ownership of who you are own it innately because you are remarkable and no one is like you. And that is, is really how you can jump and, and catapulted the, in your career as well.

Speaker 1 ([01:38:33](#)):

Yeah. I love that. Amy. How about you,

Speaker 7 ([01:38:42](#)):

Two things. I think for actors, it's kind of my whole bag and it's what Nzinga said too. I want actors to this year to learn to love their lives, whether they're booking or not, um, to feel like they can go home for the holidays. And when family asks like, how's it going? They can say my life's great. I audition and I do this and this is really cool. And this other activity I do is awesome. I would just love for more actors to just love their lives holistically. Uh, for the industry. This is a big ask. Uh, I would love to see the generosity that we saw in March 20, 20 come back. Like I think that not in the same like moment, but I think, you know, I think in that moment in time, everybody had a lot of time and everybody was scared and everybody was like, how do we help each other?

Speaker 7 ([01:39:30](#)):

And I loved that. And I think I would love to see that kind of sprinkled across the industry, just going forward. I think that is inclusive of like casting being available and reps, making opportunities for actors that they haven't seen before and diversity across the board in all genres. But I also would love for actors to remember that they have something to offer. Like I saw actors like leading meditations and teaching dance classes and like offering singing lessons and whatever. Like I just would love to see that, oh, that tangible generosity come back because holy, like we never all felt so down. And then so comforted in the same like 48 hour period. And as terrifying as that moment was, it was also really encouraging to see, I don't know, everybody lift each other up, like the weird theater kids. We are, you know, like the cast coming together and be like, we're going to dinner. You know? Like I just, I loved that so much. And I would love to see more of that generosity of talent and skill and opportunity available across the board.



Speaker 1 ([01:40:35](#)):

I love it. I love that so much. Jamie, thank you. I think we all resonate with that and you kind of teed me up for what's next, which is I would love. So first of all, I wanna make sure everyone knows how grateful I am for all of you being here today. This is a really, I mean, selfishly, this was a really fun conversation for me. So I'm just so glad I got to spend this time with you and get to know you better. And hopefully everyone listening got a chance to know you a little bit better. And so I wanted to give you a chance to leave our audience with something today, we will link to all of it inside of the actor survival guide. So you, if you head over to actor survival, guide.com, all the goodies that we have to share with you and how to get in touch with all of these incredible coaches will be there, but I'm gonna get each of you the mic real quick to just share with us what is there? Um, and Tony, what is it that, how, what are people gonna find there when they come look at your name and the, and their survival guide, by the way, the survival guide is really freaking cute people. It is designed after the farmer's Almanac <laugh>. And so I, it was full inspiration, like hired an artist to make it look like the farmer's Almanac. I'm very into it. So if only to see it go to after survival guide.com and get it. Okay, so go ahead, Tony. What we were gonnas, what, what can

Speaker 6 ([01:41:32](#)):

They, oh my God. Yeah, I love it. Um, so they're gonna find something brand new. I'm gonna be completely transparent. It's not done yet, but this has been something that I've been I've had in the works for a while. Right. Um, but I've been harping on content consumption. And so in an effort to make actors more conscious of the content, they are consuming, I have a free audio about why you're so stressed AF as well as what you can do about it might have a different title than what I just said. That's like I said, it's brand new, but you'll have an audio from me, right? Yes.

Speaker 1 ([01:42:02](#)):

Right. Wendy, how about you?

Speaker 4 ([01:42:04](#)):

Um, so I have two, uh, excuse me. I have two, um, gifts for actors one's to help you book more jobs. And because you'll be booking more jobs one's to help you shine in every role. So super quick, one is the self tape success checklist. It's literally like an 8.1 page checklist to just help you quickly eliminate all that overwhelm and focus on delivering your best auditions. And it's one page actors print it out and they tape it up wherever they self tape and they use it and they start booking. And since they started booking, I created the working actor's media checklist. It's a seven, uh, it's a guide of seven must have moments to capture on every job. And it includes photo ideas and video script prompts to help you make the most of every project. And I realized this when I was working on this is less recently, like actors don't know how or when to promote the win and what pictures or videos to take and how to do it in a way that doesn't destroy the NDA they just signed. And so this checklist helps you to think like a publicist and then have the exact list of moments to capture. So when it airs, you have stuff

Speaker 1 ([01:43:08](#)):

To share. So juicy. I love it, Wendy. <laugh>. How about you Jody?

Speaker 2 ([01:43:13](#)):

Um, first I just wanna say I downloaded that media chocolate room, Wendy. It's the bomb. Oh yeah. Awesome. Great. Yeah. Good. It's so good. Um, I love it. So, uh, you know, I talk a lot about what we can control and what we're in control

of. So my gift is a, it's a free webinar that I have called get the acting career you want. And it's, um, five proven steps to book, more work to be remembered. So it's really five tangible things that I teach all my clients, um, to really get that career that you want and level up. So, uh, that's sort of, that's my gift.

Speaker 1 ([01:43:44](#)):

Great. And if you guys have been inspired by the conversation we've had today, I just want you to notice that each of these things is gonna help you make more real, what we've talked about. So of course, I want you to be listening to this and feel inspired while you're in the car, on the subway, taking a walk or doing the dishes, which Jody and I cannot do and listen to podcast at the same time. For some reason. I mean, Jeremy's just audiobook, but our wish for you is that you make this more real for yourself, whether that's real of mind or real of action. So that's what this is all about. Shannon. What about you?

Speaker 5 ([01:44:10](#)):

Uh, I have a free guide called 10 ways. An actor can feel a yes in their life. So this guide is there to help you shift out of lack, out of doubt and help you see that there's abundances all around you, supporting you in your life.

Speaker 1 ([01:44:25](#)):

Beautiful, beautiful. And Amy, I think you're telling what are you? I have a little bit of, I think I know what you're telling last. What are you, what are you telling us to go today?

Speaker 7 ([01:44:32](#)):

Well, it's so interesting, right? One of the things I love about this conversation is how honest everybody's been and vulnerable at times. And like my vulnerable moment is like, I don't have a freebie other than my podcast, but which is great. But my, you know, it's like one of those things where like Tony was saying, like, we have to make all this stuff. Right. And so the places that I share, what I'm learning are the podcast, which will be coming back this year. Like there's one full season that you can listen to. Uh, that was about a year and a half long. Cause I was really committed in 2020. Um <laugh> and uh, and then the other place to just keep up with like, the stuff that I'm sharing is just on Instagram, just actors encouraged. Yep. That's

Speaker 1 ([01:45:08](#)):

Where I'm at. And we will find, we we'll make sure that we link to your podcast and the Instagram account. So that's great. Yeah. In Zenga, take us home. What's our, what's our final gift here.

Speaker 3 ([01:45:15](#)):

Yes. I've put together a free guide for stuck actors. It's 10 ultimate mindset secrets to next level, your acting career. So these are like the most crucial must no secrets from the most, the world's most successful actors.

Speaker 1 ([01:45:29](#)):

I love it. This is so great. You guys, I'm just, I feel I'm. I can wait to get all of these goodies <laugh> so, um, I want to thank everyone for listening. I thank all of you for being here. Um, and know that anyone who's listening know that you have just heard someone who's really opened their heart and their mind and the stuff that they've learned over the years that they've been doing this, whether that's 20 years or four years or four months, um, I brought all these people together

today. No, one's been here for four months. That's a, no, you've all been here for months. That that was just a good analogy for a moment. Um, <laugh> uh, I brought these people together because, uh, I thought they would have a conversation that brought new light on what the years looked like and where we're headed. And so I just want to thank you all for being here. And I hope that if you're inspired and you're listening right now, you'll go out and take action. Thank you so much.

Speaker 7 ([01:46:07](#)):

Thanks.

Speaker 5 ([01:46:08](#)):

Thank you.

Speaker 7 ([01:46:09](#)):

Thank you.

Speaker 3 ([01:46:11](#)):

This is so blast.