

ACTORS YEAR END REVIEW GUIDE

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#TeamJBA #DoubleDown2016

“He who fails to plan is planning to fail.” – Sir Winston Churchill

Celebrate 2015

Before you head into the New Year, take a moment to look back at all of your hard work over the past 12 months. What worked? What didn't? And what can you change?

STEP ONE – Give yourself a pat on the back:

Review 2015 and consider what you are most proud of in each of the following areas of your life, **FOCUS ON THE POSITIVE!** These are all important pieces to the puzzle that build up an actors company... You need to be thinking about each of these departments and giving them attention throughout the year to run a successful business. If you notice there are areas that you aren't thinking about or neglecting it may be an answer to why you aren't moving towards your goals.

Goals (Are you setting strong specific goal for yourself and your agent?):

Agent relations (When did you talk on the phone or have a sit down? How is your communication? Do they know your goals?):

Industry Relations (peer group, creating your own community or like minded motivated actors):

Training (audition technique, coachings, scene study, improv):

Hours (Pro athletes train 20 hours a week. How many hours do you work/train a week at your craft?):

PROCESS (This one is huge, do you have a strong routine from receiving an audition to walking in the room that spell success):

Headshots (Up to date and current for online casting and the Vancouver market):

Wardrobe (Do you have 3/4 key outfits that are solid neutral tones, make you look good, feel like your character type but not distracting?):

Fitness and Health (Are you taking care of yourself and looking your best):

Marketing (Social media, website, networking events):

Finances (Are you putting money away for taxes, class, coachings? Reinvesting in your company?):

Personal Growth (How are you moving yourself forward not only as an actor but as a well balanced person?):

Note: According to John Lather, a renowned sports researcher, the number one variable related to elite performance is time spent in training. Lather estimates that 20 hours of quality training per week for a period of eight years (approximately 10,000 cumulative hours) appears to be the amount of work required to reach a world-class level. Lather emphasizes that it is 20 hours of quality training - with great intensity, not just the time spent in training that is required for elite performance.

<http://strengthplanet.com/other/15-surprising-facts-about-world-class-athletes.htm>

STEP TWO - Look for Themes: Identify 3 primary intentions or beliefs that guided you this year. Perhaps you might notice that certain values popped up consistently throughout your year. In other words... if 2015 had a theme, what was it?

STEP THREE - Pinpoint Your Weak Spots:

Now look back through the year and consider what didn't work as well as you had hoped. With compassion, consider the unrealized expectations, unexpected circumstances or interruptions, challenges, upsets or losses, gifts given and gifts received.

STEP FOUR – Celebrate:

Finally, create a year-end ritual. How can you celebrate the challenges you moved through and successes you've enjoyed? How can you make a renewed commitment to yourself for the coming year?

Now Create 2016!

Now that you know where you've been, it's time to map out where you'll go.

Note: Specific: A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

- *Who: Who is involved?
- *What: What do I want to accomplish?
- *Where: Identify a location.
- *When: Establish a time frame.
- *Which: Identify requirements and constraints.
- *Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

<http://topachievement.com/smart.html>

STEP FIVE - Set Your Sights:

What are you looking forward to in 2016? What 3 SPECIFIC career goals would you like to accomplish by the end of next year (the more specific you get the better folks)?

STEP SIX - Brainstorm the Obstacles:

What changes do you anticipate or hope for in the next year? How would you like to create these changes in your life? Who might be able to help you succeed at these changes?

STEP SEVEN - Gather Your Tools:

What life and career goals or intentions do you have for 2016? What are you building on or recommitting to from 2015? What's new? What resources will you bring from 2015 to 2016? What new resources will you cultivate?

STEP EIGHT - Build Relationships:

Who do you wish to build stronger relationships with? Who would you like to attract into your life? How will your personal and professional relationships blossom in 2016?

STEP NINE - Let Go of Bad Habits:

What principle or action are you going to give up in 2016, so that you can experience a fuller life? For example: I give up being late. I will be early or on time. I have more than enough time to take care of myself and all that is important and meaningful to me.

STEP TEN - Visualize Success:

How do you want to experience 2016 – what color, taste, texture, smell, sound does it have? If 2016 had a theme song, what would it be? What images come to mind when you picture the coming year?

STEP ELEVEN - Have Fun with Your Future:

With those images in mind, design a vision board to represent all that 2016 holds for you. Your vision board should be a physical representation of your career vision. It will allow you to use your artistic skills and creativity and play with the physical picture of your future. They're a lot of fun to make and they are an effective way to supplement your actions with internal focus.

Note: Visualization. Does it work? Ask Arnold Schwarzenegger. "It's all in the mind," says Arnold, who is a five-time winner of the Mr. Universe title, a successful real estate tycoon, a movie star, and was the governor of California. Arnold can remember when he had nothing except a belief that his mind was the key to getting where he wanted to go.

"The mind is really so incredible. Before I won my first Mr. Universe title, I walked around the tournament like I owned it. I had won it so many times in my mind, the title was already mine. Then when I moved on to the movies I used the same technique. I visualized daily being a successful actor and earning big money."