



# FIND THE FRICTION POINT

## Worksheet

### **MY CURRENT NEXT LEVEL SUCCESS STAGE IS:**

- STAGE 0 – NEW & NOTEWORTHY
- STAGE 1 – UP & COMER
- STAGE 2 – RISING STAR
- STAGE 3 – ONE TO WATCH
- STAGE 4 – RED CARPET REGULAR

### **MY NEXT SUCCESS STAGE IS:**

✓

### **I'VE ACHIEVED THE FOLLOWING SUCCESS PATH MILESTONES (CHECK ALL THAT APPLY)**

- 1. I have a burning passion for acting and want to be make my living doing it! (S0)
- 2. I'm committed to creating a life and a mindset that supports my dream to be a working actor (S0)
- 3. I have started to take acting classes and will continue to train throughout my career (S0)
- 4. I have created a step-by-step plan to start my acting career (S1)
- 5. I got all my basic marketing materials in place (S1)
- 6. I am auditioning for film or TV projects from time to time (S1)
- 7. I became SAG-e or joined the union (S1)
- 8. I've made a few connections in the business (in person and on social media) (S2)
- 9. I have a great demo reel of my film & TV work (S2)
- 10. I signed with a boutique agent (S2)
- 11. Audition Nerves are no longer a thing in my life (S2)
- 12. I have a small but mighty network and a growing social media following (S3)
- 13. My A-list team get me in on all the good projects (S3)
- 14. I regularly audition for great roles in A-list projects and I'm confident, relaxed and NAIL IT! (S3)
- 15. I quit my day job because I make my living as a full-time working actor! WOOHOO!! (S4)

### **MY NEXT MILESTONE IS:**

✓





# FIND THE FRICTION POINT

## Worksheet

BESIDES YOUR NEXT MILESTONE, **OTHER THINGS** YOU'VE BEEN ACTIVELY WORKING ON ARE:

- 
- 
- 
- 
- 

FROM THE OTHER THINGS ABOVE, AND/OR THINGS YOU'RE DOING TO ACHIEVE YOUR NEXT MILESTONE, WHERE ARE YOU FEELING **MOST STUCK** IN RIGHT **NOW**?

- 
- 
- 
- 
- 

FOR THAT THING IN WHICH YOU FEEL MOST STUCK, WHAT ARE THE **STRATEGY(S)** YOU'VE BEEN USING TO ACHIEVE THAT THING?:

- 
- 
- 
- 
- 

- 
- 
- 
- 
- 

WHAT'S **WORKING** IS:

- 
- 
- 
- 
- 
- 

WHAT'S **NOT WORKING** IS:

- 
- 
- 
- 
- 
-



# FIND THE FRICTION POINT

## Worksheet

SOME **POSSIBLE** FIXES FOR THOSE FRICTION POINTS ARE:

THE **FIRST** POSSIBLE FIX I WILL TRY IS:

THE **FIRST** ACTION I'LL TAKE ON THAT IS:



# FIND THE FRICTION POINT

## Worksheet

**NOTES & THINGS TO KEEP IN MIND AS I TAKE THOSE NEXT LEVEL ACTIONS:**

A large, empty rectangular box with a black border, intended for students to write their notes and reflections.