

TOPIC: LIVING A FULFILLED LIFE **NOW**



- I want to be a successful actor because...
- Success in acting will bring me...
- I want those things because...
- Now ask yourself "What for?" for what you wrote above. Continue asking yourself "What for?" after each response til you get down to the feeling beneath the things.
- What for? _____
- What for? _____
- What for? _____
- Describe how you feel when you think about having a successful acting career.
- Some ways that I can feel (what you described above) _____ NOW are...