

“Awakening the Actor Within”

Starter Kit PDF

For more info:

awakeningtheactorwithin.com/blog

“Never give up,” I told the graduating class. “Never give up” sounds easy, but it isn’t. “Never give up!” Does that seem funny to tell you, who haven’t gotten started? That’s when you have to be warned! I can’t give up. I have too big an investment. It’s when you’re starting is when not to get discouraged. The last time I was at the Academy, the president said, “We feel you’re not suited to acting. Don’t come back.” Well, you see who’s standing here. “And on that awful day when someone says you’re not suited, when they say you’re too tall, you’re not pretty, you’re no good, think of me and don’t give up!” —Ruth Gordon, Actress/writer

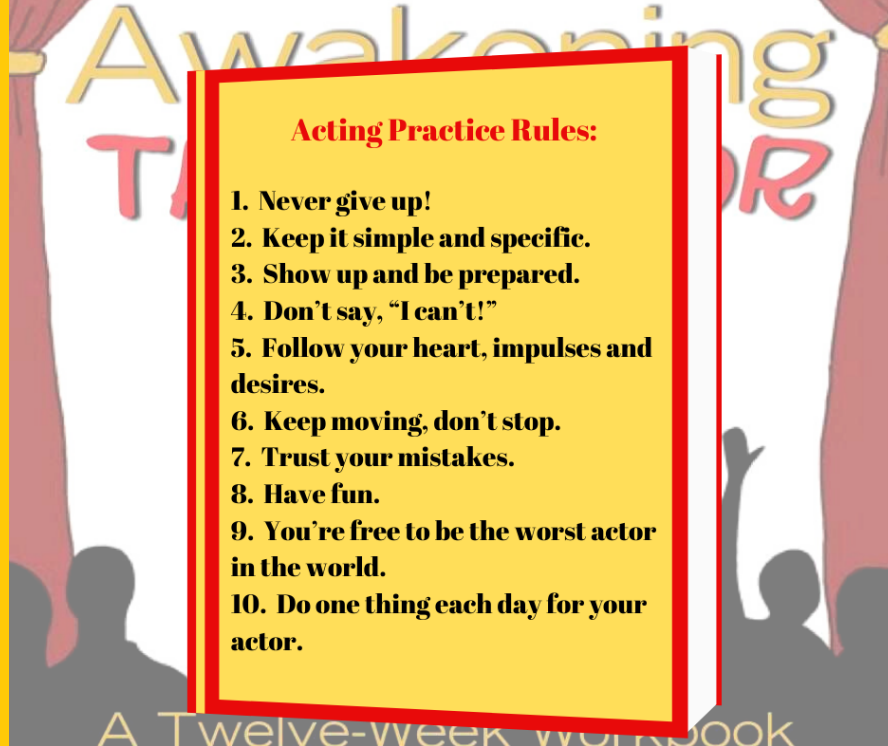
WELCOME! This PDF starter kit will give you the basic, fundamental tools of “Awakening the Actor Within” workbook. These basic tools are the cornerstone of the work I teach. The moment you begin to use them, you are well on

your way to becoming an actor and succeeding with the course. At first glance, they might not appear to be about acting: no headshots or auditions or scene work. WHAT GIVES? Well, they are the foundation to build your acting leg muscles upon which you can stand. These modest actions CLAIM your right to act. They also set the stage for later work in the course: scene work, auditions, headshots and that old trickster, BRANDING! LOL! BREAK A LEG!

But FIRST, the rules. These are the “acting practice rules! You might want to print these out and paste them in your “actor’s notebook.”

You may even wish to read them out loud until they become a part of your daily routine. You may even want to use them as affirmations.

You can even read them before auditions if you get nervous. Most importantly, HAVE FUN. Acting is supposed to be fun!



Acting Practice Rules:

1. Never give up!
2. Keep it simple and specific.
3. Show up and be prepared.
4. Don't say, "I can't!"
5. Follow your heart, impulses and desires.
6. Keep moving, don't stop.
7. Trust your mistakes.
8. Have fun.
9. You're free to be the worst actor in the world.
10. Do one thing each day for your actor.

Keep an Actor's Notebook



This is an example of an “Actor’s Notebook.” (Mine!)

Find a nice, portable notebook and collage the cover. The collage should include pictures of yourself and the acting dreams you wish to manifest. This is a

traveling “vision board” for your acting dreams.

DREAM BIG! Seeing IS believing. I use an 8 ½ x 11 notebook because I can carry it around with me and whip them out and write at auditions or during rehearsals.

You will keep your “I remembers...” in these along with your notes about scripts and your tasks done over the course of the 12 weeks.

“I Remembers . . .”

The first tool is DAILY writing. It will take you less than 15 minutes each day. I call them “nonsense memory” or “I remembers . . .” This is a daily stream of images or bits of your life that you’ll put down on the page. Find time each day and begin with the sentence “I remember . . .” and write a full page (one side ONLY!). These can be done before you go to work, on your lunch break, while waiting on the bus, in the doctor’s office or in a limo. They can be completed at the end of the day, as well. They are a PORTABLE tool. Please don’t write fiction, write THE TRUTH. Your truth! We want to find YOU!

Write them quickly without THINKING too much. When you get stuck, go back to the sentence “I remember . . . ” and keep writing. Keep these in your notebook. These daily writings are vital for grounding AND for later work in the course.

“I Remember...”

EXAMPLE:

I remember my great-grandmother, Granny, as she was called. She used to sit in her big chair in the living room and crochet while she watched *the soap opera “All My Children.”* She would talk back at the T.V. screen as the women and men did stupid things. She wore tiny, cheap flip-flop sandals and would hang one foot over the side of the chair and move her foot in a rhythm as she moved the crochet needle through the yarn. Granny was very magical. Going to her house was always delightful for me. She made the most ordinary chores fun. She lived in a house on Fincher Rd in Haltom

City, Texas with her husband my Papa. I remember being mesmerized by her photo collection that she kept in the bottom drawer of her vanity. I used to take the shoe box pictures to her and she would tell me stories about each person in the antique pictures. I loved hearing the story of how once when she was a flapper, she got kicked out of the dance hall for doing the splits.

These daily writings ideally will “jog” your memory. The heart is connected to the hand and when you tap into your memories, you’ll find that your body “remembers” events you may have forgotten about.

They will benefit you later when you are creating characters to pinpoint specific elements of truth. For now, just write them.

Weekly Script Reading



Read ONE script, every week! It can be any type of script: screenplay, TV show (drama or sitcom), play, or, in a pinch, commercial copy. Reading ONE script a week keeps your hand in the game. It allows you do research into roles you'd like to play. When we read scripts we are saying, "I am an actor."

After you read a script, answer the following questions in your notebook:

1. What role would I like to play?

2. What did I like about this script?

3. What did I NOT like about this script?

Actor's Contract

You might want to print this contract and post it in the inside cover of your actor's notebook. This is a commitment to you and your inner actor to start and complete the course. Refer back to it when you feel like quitting.

I, _____, am committed to undertaking the recovery and discovery of my acting. I understand that I'm on an inward and outward journey. I, _____ commit to the duration of the twelve-week course: the weekly reading of the chapters, daily "I remembers," weekly script reading, and the completion of each week's tasks. I, _____, also understand that this workshop will raise many emotions for me to deal with. I, _____, commit myself to excellent self-care, sleep, diet, exercise, and pampering for the duration of the course.

Signature

Date

There you have it!

Welcome to “Awakening the Actor Within” course. I encourage you to go briskly through the course. If you don’t finish every exercise each week, continue on to the next week bearing in mind you can always circle back and do them again. I encourage you to find support for your actor and your career. All actors need a support system and a cheering section.



C. Stephen Foster
Actor/writer/teacher

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