
GOALS – How do I set them?

Why don't most people set goals?

The reason most people do not accomplish what they want in life is because they don't set goals. Goals are very important factors in helping make life fulfilling and meaningful—but to an actor, they also provide focus and encouragement to continue in a very tough industry. An important tool to use in setting goals is a list of them on paper where you can see them daily. Statistics show that you accomplish three times more of what you write down, than what you keep inside your head. Are you going to sit around wishing and dreaming of something or are you going to turn your goals into action? Keep a journal or notebook where you write down all-important information regarding your acting career.

1. They are scared to make the commitment and actually hold them-selves responsible to do something.
2. They do not know how to set goals.
3. They've been disappointed in the past since they didn't accomplish something they set out to do—so why keep trying?

How do I start setting goals?

1. Set goals when you have time to sit down, focus and think with a clear mind.
2. Set specific goals—don't generalize. (Ex: "I will be a big star someday")
3. Set a time period by when you want to accomplish each goal.
4. Set realistic goals that is attainable, yet challenging.
5. When you set a goal, don't walk away from it without doing one thing to start accomplishing that goal.

Do not get out of your chair without doing something right now to help you reach your goals—I don't care if that means carrying your chair around behind you! Make a phone call you've been putting off, compose a letter to a casting director—anything, just do something NOW! If it helps, write a goal down on a sticky note and put it on your forehead—don't take it off until you accomplish the goal.

