## **CLEAN SWEEP**

## An Exercise to Stimulate Growth

This assessment will give you a sense of where you stand at this moment in terms of your career and artistic development. Answer each question, TRUE or FALSE.

For each statement that you label FALSE, ask yourself this question: What would I have to do or what would have to happen to make this true? Contact your Coach for specific strategies based on your personal strengths to make these changes.

Total the number of TRUE statements and write the number next to the date. You can do this exercise periodically and see how your number of TRUE statements goes up over time.

- T/F I have clear career goals and a strategy for pursuing them on a daily basis.
- T/F I know and can articulate the image/message I want to convey as a director/actor/playwright/designer.
- T/F My profession regularly inspires me.
- T/F I am proud to tell people I am a director/actor/playwright/designer.
- T/F I have a resume that represents me perfectly.
- T/F I fully enjoy the rehearsal process.
- T/F I always have clothes that make me feel comfortable during interviews and rehearsals.
- T/F I keep a record of all my meetings and interviews. I know the names and follow up on all of them.
- T/F I fully enjoy the interview process
- T/F I have a direct and winning answer to the questions: Why are you here? What are you doing and how do you see yourself in the business?
- T/F I regularly speak to people who can help advance my career. I am comfortable making requests and asking for referrals.

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## DIRECTOR/ACTOR/PLAYWRIGHT/DESIGNER'S CLEAN SWEEP

- T/F I am confident of my communication skills with designers, actors, producers, technicians, etc. I get coached when necessary. I am always satisfied.
- T/F I am confident of my artistic skills. I know what I do best and I do it well enough to get paid for it.
- T/F I stay in regular communication with virtually everyone I have interviewed with or worked with.
- T/F I have appropriately thanked everyone who has contributed to the advancement of my career.
- T/F I see or am familiar with the area of directing/acting/writing/design I am focused on (films, theatre, classical work, new plays, etc.).
- T/F I have strong networks of friends in the industry whom I share resources, strategy and support.
- T/F I am pursuing an artistic career completely by choice, because it brings me joy personally and professionally. I accept the challenges fully.
- T/F I have a record keeping system for appointments, tax-deductible expenses and correspondence.
- T/F There is no us/them with me in the industry. I clearly work with *them* in an ongoing way to discover the best way to work together.

Number of true (20 max)	Date
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