

# 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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