



# THE ART OF PLAYING YOU

*Do you want to be the hero of your own story? I sure did, and then I found some wonderful ways to make it happen!*

“Life is not a dress rehearsal” but how are we to go from the life that we are leading to the life that we dream of if it feels light years away? In this conversation, we will discuss some of the exercises and tools I have learned from a decades long career in acting (and life) to apply to creating your own dream role – YOU. Just like actors take on the role of a lifetime, we’ll be working together to develop your own “rehearsal” process that brings you closer to the life you’ve imagined.

Some of the topics include:

- Using theatrical/production terminology to understand the roles of the people in your life, including yourself.
- How to use your sense memory to pull establish new objectives and bring things toward you that you haven’t experienced before
- How to use the power of storytelling to step into the you that you are striving to be
- The #1 storytelling, writing, and personal casting mistake we make in our own lives and how to correct it.