

PERFORMANCE VALUES

Name: _____

Date: _____

The following exercise may help you better direct your actions on a daily basis.

1. Under each performance domain, specify an associated performance value.
2. Identify barrier(s) to and related counter-action(s) in service of that value.

Training: How do you want to approach training? Why is this important to you?

Barriers and necessary actions:

Performance: How do you want to approach performing? Why is this important to you?

Barriers and necessary actions:



Cast mate: What type of cast mate do you want to be? Why is this important to you?

Barriers and necessary actions:

Industry member: What type of industry member do you want to be? Why is this important to you?

Barriers and necessary actions:

Well-being: How do you want to approach well-being? Why is this important to you?

Barriers and necessary actions:

(Adapted from Gardner & Moore, 2007)



THE ACTOR'S DOJO