



## IGNITION: Daily Practice Suggestions

- Establish a 30 minute programme for every week day. 3 X 10 minute slots per day (reward yourself each week for completion)
- Seek out relevant teachings to your genre on The Actor Base in the many courses training videos and resources sections and add them into your daily practice
- Look at your TARGETS daily
- Commit to reading 15 books (over a period of time) on your chosen topic - make notes about technique and apply what you are learning
- Buy/attend courses on the subject
- Pick a script that excites you to use as source material for practice (stage or screen depending on your selected genre)
- Practice actions aloud and using your body (look for the exercise 'state and play' in the vault. This is essential whatever your genre)
- Start an imaginary company. Programme the shows and events that you would like to see and know why. Cast them with your dream team.
- Attend a regular coaching session or class in person or online
- List 30 actors you admire from your chosen subject area and write to every one of them asking for one bit of advice each
- Watch 20 productions around your chosen subject online or on screen
- Read reviews about productions you have seen and take note of what you do and don't agree with - develop your sense of 'taste'
- Find 10 casting platforms or groups where opportunities may arise and look at them every day of the week - submit yourself ONLY when ready. Get used to assessing and analysing opportunities
- Film yourself doing a monologue (or get someone to film you) and get feedback from a trusted coach
- Find examples of those who have achieved what you want to achieve especially those who did so at a disadvantage - read about them, talk to them if possible and keep them consistently in mind
- Practice sight reading
- Practice line learning techniques
- Scour the internet for latest news and reviews around your chosen genre
- Prepare scripts for work even if you aren't working. Text analysis and actioning on scripts is an INVALUABLE practice - possibly the best
- Create a list of people you would like to approach eventually and note any stipulations from their website about appropriate contact
- Create a CV and have it assessed as well as get advice on how to best write one
- Learn how to best approach industry members before you write to one

## **OTHER THINGS TO DO AROUND YOUR DAILY PRACTICE**

- Put £5 away per week into an emergency 'resource fund' that you can dip into for a coaching session or to create new headshots or showreel material
- Try and meet with/speak to producers, artistic directors about their work and their approach - seek ACTIONABLE information. Tactics you can employ yourself
- Form your own company and work at whatever level possible. Above pubs, hire small venues, shoot zero budget movies - whatever. practice, practice, practice!
- Ensure that your 'money job' is one that you are happy to do. A depressing day job can undermine your efforts to follow this strategy over time
- Seek work experience on set or backstage
- Offer to assist actors you admire in order to learn from them and with them (can you run errands for them, do administrative work or drive them?)
- Be prepared to do free work at this stage to grow in skills and/or make contacts