



Episode 2.8

Dreams vs. Goals

What Can You Control?

Name: _____

Date: _____

*"There's a difference between pursuing acting as a hobby and pursuing acting as a career. The Essentials Series is all about giving you that big push to make it an actual career."
- Abbie*

Actors almost always have lofty ambitions. It's those big dreams that often get us started on our actor journey in the first place. And while it's incredibly valuable to dream toward a major career milestone, you'll never get there if you don't set small, achievable goals that you can completely control. Winning an Oscar (dream) starts with you committing to an improv class, signing up for a showcase, or joining a yoga class (goals).

- Dreams are things you H_____ to A_____, but don't have any C_____ over.
- Goals are C_____ that you have full C_____ over.

Take a moment to write down a few dreams and a few goals you have for your career

1. _____

2. _____

3. _____

VS

1. _____

GOALS

2. _____

3. _____



[TIP] Stay Motivated! *Once you have your dreams and goals, put your list somewhere you can see it often, and share the list with a friend. Accountability isn't a weakness--it helps push you toward the dreams and goals you set for yourself!*

NOTES

The Essentials Series