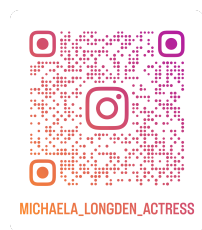




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The Actors Daily Blueprint.

The actor's daily blueprint is a structured schedule that helps you stay focused on your craft, maintain your health, and strategically plan for the future.

1. Morning Rituals For Actors
2. Afternoon Rituals for Actors.
3. Evening Rituals for Actors

The Actors Daily Blueprint

My name is [Michaela Longden](#), an Actress, [Author](#), Mindset Coach and Acting Coach. Thanks for downloading this resource!!

Drawing from my experience as an Acting Coach and a Mindset Coach and my new book [‘The Actors Guide to Success’](#). I have created this FREE Actors Blueprint as a way to offer you a zero-cost tool to structure your daily routine for maximum physical, mental health and performance.

Morning Rituals For Actors



Wake Up At the same time everyday:

Starting the day with a regular set alarm (when you are not filming). This helps to reduce anxiety and bring structure to your day. It also helps create a solid sleep routine regulating your circadian rhythm and enhances motivation.

Your circadian rhythm is a natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours.

When you wake up at the same time every day, your body becomes used to this routine, which helps stabilise your circadian rhythm. A stable circadian rhythm means your body knows when to expect sleep and wakefulness. This leads to more consistent energy levels, better focus during the day, and a natural feeling of tiredness when it's time to sleep.

Practice Gratitude whilst brushing your teeth or getting ready:

In an industry filled with rejections, silences and no's it can be very easy to feel anxious about our inability to control the outcome this can put us in a lacking state.

One thing you can control is remembering all the wonderful people/things/opportunities you have in your life and how far you have come. Gratitude is the biggest player in the game of state shifting.



Gratitude lifts us as we consider all the things in our life that we are thankful for. We are lucky in so many ways to be able to do what we love for a living, and we are brave and show courage for leaning into this career.

Healthy Breakfast, Sunlight and Movement:

Since most of our serotonin is produced in the gut, we must be mindful of the impact of our food choices on our mood, especially in the morning after we break our fast. Foods that spike cortisol levels (stress levels), like refined sugar, are obviously going to affect your mood negatively.

Be aware that a spike in cortisol leads to a decrease in melatonin; the result is low mood, insomnia, and inability to digest food properly. Fuel your body with a nutritious meal that includes a balance of proteins, healthy fats, and complex carbohydrates.

Move your body and get some sun. The effects of exercise are well known; it boosts our mood, improves sleep, and reduces anxiety. As an actor, your body is your instrument, so it's important not to neglect its health and strength.

Getting sunlight early can be a fantastic way to aid our circadian rhythm and ensure a better night's sleep, not to mention topping up your vitamin D. Aim to do this as soon as you arise.

Help your Motivation by remembering your WHY:

What do you want to accomplish in the next month, three years, or five years? It's important to be specific and to remind yourself daily. If you do not have a 'why' you must create one.



In doing so you will condition yourself to seek out the opportunities that will help you get there. Remind yourself daily of your why, put it on the wall or on your phone and read it every morning.

Write down Two Acting Goals for the Day and do them First thing if you can:

Goals hold us accountable and prompt us to consider the necessary steps to reach our destination. In the acting industry, it's easy to sit back and just allow things to happen, especially if you have an agent. But this attitude is not one that will help you succeed.

A goal could be to email a Casting Director, or to practice a script with a friend. Make sure everyday you complete at least two things towards your Acting career.

Write these things down and tick them off when you have completed them. Whenever we complete a task we produce dopamine which will give us a buzz and encourage motivation.

Mid-Day Rituals for Actors.

Take a Break and Reflect:

How are you feeling? If you are at a day to day job check in with yourself are you enjoying it? If not, perhaps it is time to look for another job?

If we are to sustain an acting career it is important to spend time earning money in a job that you enjoy otherwise you will feel tired/unmotivated and lack motivation.



It is important to check in with ourselves around 12-1pm to see where we are at in terms of our individual goals set out for the day. Have you done your two bits of work towards acting?

If you have not accomplished what you wish, reset the day. No judgment, start the day again. From 1pm today I will ensure that I ... (complete the sentence).

Eat a Healthy lunch:

It goes without saying. Avoid white starchy carbohydrates, fried food and overeating as this will de-energise you in the afternoon. Balance is key here.

If you like to eat something sweet in the daytime, have it AFTER your meal so it doesn't affect your blood sugars as much.

Meditate/Exercise/Go for a walk/Daylight:

After lunch, try to find the time to go for a walk. Not only will it balance your blood sugars after food (reducing weight gain and energy dips) but it will help you relax.

If walking isn't your thing or you have been on your feet all day get back to the present moment in whatever way that fuels you. Introspective meditation is a great reset tool and I find it doesn't make me sleepy when I arise (like a nap). You can find these on YouTube for free.

I also enjoy going to the gym in the afternoon to break up the day and encourage more energy. Try and get outdoors, even just for five minutes.

Get back to the present and out of your head. This alone will help your acting practice as it encourages focus.

Evening Rituals for Actors.



Journal: Write down what went well today and what you have learned and will do better next time:

It is so important we get to know ourselves and befriend ourselves. To look at our habits and behaviours, ones that are serving us and ones that need some amending.

Do not judge yourself if you are down or are thinking negatively, instead show yourself kindness and compassion and put a strategy in place to reframe your thoughts and your energy so that they work better for you.

What are you not seeing? What went well? What are you proud of? It could be going for that walk or emailing a contact or making the time for a friend.

Don't compare your progress to other peoples, we have no idea what their truth really is, endeavor to be the best version of you.

Write down your goals for tomorrow:

Get clear on what you would like to accomplish tomorrow both personal and professionally. Make these SMART (Specific, Measurable, Achievable, Relevant and Time based).

If you try to do too much you will feel overwhelmed and do none. What is realistic for you but still a healthy challenge? The main thing is to start.

When we write our goals down we are more likely to achieve them. Journaling them down the night before or even just saying them outloud creates clarity about what tomorrow will bring and you can rest more easily for the night.

Prioritise your sleep:



Downtime is important and plays a significant role in your mood. A lack of sleep affects our mood negatively. Don't overlook your need for a good night's sleep.

If you struggle with sleep, then create a sleep routine that works for you. A good strategy for a good night's sleep is essential.

I have found meditation music, black out curtains, staying away from my phone one hour before bedtime, a morning walk, not eating two hours before bed, crackling fire sleep sounds, and chamomile tea all very useful solutions. Avoid screens (phones, computers, TV) at least one hour before bed. The blue light emitted from screens can interfere with melatonin production and make it harder to fall asleep.

Keep your bedroom cool, between (15-19°C), which is ideal for sleep. Avoid caffeine after 2pm (preferably 12pm) as it has a ten hour half life and can disrupt sleep. Similarly, while alcohol might make you feel sleepy, it will interfere with the quality of your sleep even if you are not aware of it.

Give Gratitude Once more and Vow to make tomorrow a good day:

Before you rest your eyes for the night, give gratitude once more, for all that you have/are. For the bed you sleep in, for the opportunity to rest and fall asleep, for those you love and for anything else you desire. For the achievements you have made and for the ones to come.

Vow to make 'tomorrow a good day'.



About Michaela.



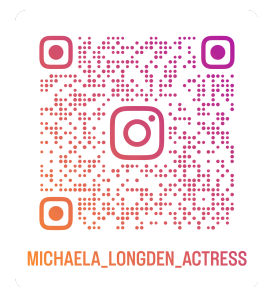
Michaela is an Actress, Author (*'The Actors Guide To Success'*), Accredited Mindset Coach of over five years and an Acting Coach of over a decade. She has taught at a variety of Acting Schools and institutions and has appeared in Feature Films that have aired Globally. She is the founder of 'Empower Actors workshops' and 'Empower Coaching'.

Michaela is an NLP Master Practitioner and works with High Performing Individuals and Creatives within her coaching practice. Her expertise lies within confidence and self esteem building, creating a life filled with growth, peace and joy.

Her mission is to help individuals not just survive but thrive.

Most people spend their whole lives underestimating what is possible for them. Most people don't change the narrative so their story remains the same. Most people choose a life that was given to them by the patterns and habitual thoughts of their caregivers. Michaela's mission is to help those that don't want to fall under *most people* THRIVE.

Don't try to fit in - when you were born to stand out.



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