

# 17 TINY tweaks that create BIG results

By  
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## NICK DUNNING



### Hi ya, I'm Nick.

A little bit about me, so you have some kind of context about this booklet you just downloaded from the sky...

I fell in love with this crazy mad business of ours being in school plays, like a lot of us I guess... I played a blind ant with a green face beating a drum, I know... and then I got bumped up to playing St George who got to kill the dragon and I confess I am still utterly in love with this business. So how did you get started?

Later on, I wrote and sold a movie script to BBCTV called "The Lorelei" which was produced (sooo exciting!) and so I started up a website for writers called Screenwriting on the net.com which led to another one called NLP For Actors which quickly grew to over 3000 followers, so I wrote an ebook for actors called "How To Get Acting Work. Quickly" which was downloaded a lot and got a lot of actors work. Some say simply by reading it?!!

Then with the experience I learned from that combined with my work as an actor on Stage and on Screen ( you can check out my IMDB If u like ) I launched my current website [Nick Dunning.com](http://NickDunning.com)

And that's basically how I came to coach people like you how to become In-demand actors with a high profit and high profile acting career by transforming from the inside out.

I'm hoping this booklet will help you with :-

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**TRANSFORMING FROM THE INSIDE OUT**



## THE INTENTION OF THIS BOOKLET:

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The intention of this booklet is simple: to help you LEVERAGE your time and energy to get HUGE RESULTS as an actor with “as little effort as possible”. That will make sense later on, I promise...

You see that’s the beauty of being the C.E.O. of my own acting career/business. My value as a human being and as an actor is never related to the amount of time I spend, the hours I work or even the effort I put into doing what I love to do, and when you do what you love to do everything flows and is fun isn’t it? Isn’t that what we love most about the business? The joy we experience, the fun we have, the connections we make?

For a lot of people, that’s not always the case, is it?

...but not when you are living breathing and being the C.E.O. of your own ACTING CAREER.

The acting work I enjoy creating and the fun I have while doing it and the money I make is NEVER dependent on the hours I work, or how much I have to sacrifice in order to achieve my goals. And it is never dependent on the approval of other people. It comes from fully embracing my own “Inner A-List Actor”, more on that later...

I didn’t start out that way tho...:-)

You know what I see a lot of actors struggling with these days...? A lot of them seem to be...



## Drowning In Overwhelm

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More and more actors are working harder and harder and for longer and longer passages of time for less and less money. And that's even before Covid through a spanner in the works and stopped us in our tracks.

And in my opinion that's just because for our entire lives, we've been sold and bought into two **very** toxic beliefs

**“Success MEANS hard work.”**

AND

**“Actors work FOR other people”**

The first belief translates into experience like this: if you want MORE success as an actor, you must put in even MORE hard work than the rest of the actors out there (causing more stress and overwhelm and anxiety and fear) and work longer hours and sacrifice more and more of your true nature. (Your Inner A-List Actor)

The second belief translates like this: When we believe we work FOR other people it means actors feel as if they have no personal power or agency which means they lack confidence and so they act as if they are the property of directors, casting directors producers and acting agents. Like slaves. We come from an “employee mindset”.

Which is why a lot of actors say they sometimes feel like puppets! Or worse, muppets!!



## Possibility Alert!

Well, what if neither of these two beliefs we've been living from were necessary or even true?

What if YOU could become the exception to the rule for once? What if YOU could step into and OWN your own innate personal power?

What if it were possible to become the CEO of your own acting career? By becoming your own "Inner A-List Actor" by transforming from the inside out.

Welcome to...

## "A NEW DEFINITION OF SUCCESS"

**Success - (n.) Getting everything you said you'd get, with as little effort as possible.**

What if excessive hard work, tough mental struggle, nauseous overwhelm and grinding sacrifice were NOT essential ingredients for success?

What if running an acting business as your own C.E.O. could be actually fun, easy and fulfilling!

What if this is exactly HOW you become an in-demand actor with a highly paid high profile acting career?

Gotta change your beliefs!



## So how do you change YOUR beliefs?

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As a quick example : some of the most powerful beliefs I've been living from for years, include:

**"Acting work flows to me easily"**

**"I am a work and money magnet"**

**"The Less I Do, The More I Make"**

And this entire booklet was created to give you 17 specific examples of the small, light and easy RELAXING AND FUN things I've used in my career to experience big results!

### But Before We Dive In...

I don't just want to give you a to-do list. I'd rather give you an opportunity to begin looking at "The Business" (meaning your business!) through a completely different lens.

I want to share with you three "principles" for approaching your business that I know will help you combat the biggest mistakes I see a lot of actors making today.

As you know, I start from a different position to most acting coaches. I believe you are NOT an employee because you do not have a conventional JOB. I look at this as...

**YOUR BUSINESS**

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You OWN it. It is a living breathing, organic thing and the quicker you step into the CREATOR ROLE and become the C.E.O of your own acting career, the quicker you can begin working on owning your business (not being swamped, overwhelmed and belittled by it) and you will quickly see it grows a lot faster and a lot easier!

Sound good?

Ok, here we go...

## MY 3 PRINCIPLES OF SUCCESS FOR ACTORS:

### Principle #1

#### **BEGIN WITH THE END IN MIND**

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Life and the internet (And Netflix ha ha x) are full of distractions these days, and if you made a to-do list of all the things you “need or must have” to start, build and grow an acting career/business, you’d be busy for years without ever making a self tape or earning a penny.

You’d have to be : great at creating and running a vertically integrated and BRANDED website, good at setting up aaaaalllll your social media profiles for contacting casting directors, making complex showreels, making multiple online website submissions, getting the correctly branded headshots, attending intimidating casting director workshops (that never get you work) developing self taping skills, working on your confidence, going to actor events and networking (Do you know anyone who likes networking?!!) learning new skills like horse riding and fencing, obligatory mask-work classes, Meisner sessions, doing kundalini yoga and Fitzmaurice vocal warm ups carrying your water-bottle filled with bits of cucumber, watching marathon Zoom calls of famous actors telling you what NOT to do...setting up endless tech equipment discussions, what’s the best camera, lighting and editing software, and the list goes on and on and ON!

# STOP!

Finding your priorities is EASY: focus on your highest career and revenue-generating activities FIRST. The success of your life and business literally depends on it.

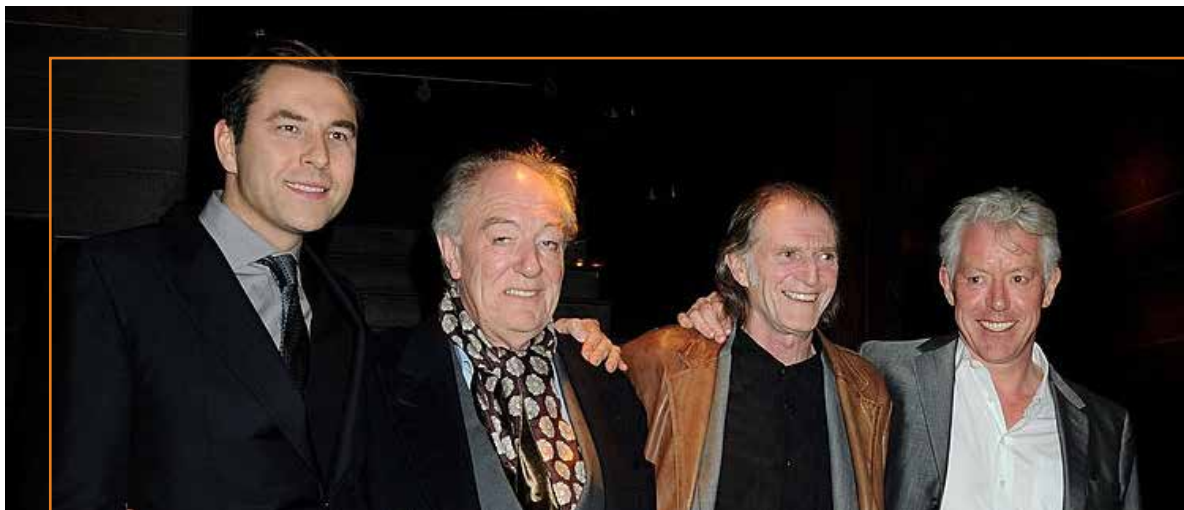
Begin to create an image of that in your mind right now.

**ACTIVITY:** What DOES stepping into the shoes of becoming the CEO of your own high profile acting career look like to YOU specifically?

What does it look like, sound like and feel like?

**Answer these questions and pls write down your answers:**

- 1.** Who would I BE, how would I FEEL and what would I DO if I ALREADY was an A-List Actor?
- 2.** What would I need to stop, start, do more of, and less of if I already had this identity?
- 3.** What sort of personal qualities would I need to develop?
- 4.** How would I talk to myself if I were already this identity?





## Principle #2

### Every Business Needs M.P.V. and TLC strategies

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Sure, every actor needs tender, loving care, (Huge believer in that myself) but what I'm talking about here is also Mindset, Performance and Visibility Generation strategies. And in that order.

There are an infinite number of acting models and business strategies out there and even more online...so many that it tends to just add to the overwhelm and confuse people.

(ex: What's the right way to contact casting directors on twitter...? How do I approach high profile friends about my career without hurting our relationship...? What's the quickest way to get a new agent without offending anyone?)

## Finding Your MPV

**FACT:** Every In-Demand Actor must have effective Mindset, Performance and Visibility Generators that they own, understand and use consistently. They need to become the owner and user of these 3 highly effective profile generating tools, right?



And now that you know that, you now know where to focus your time so you can fulfil on Principle #1.

## Stepping into your vision of BEING the C.E.O. of your own Acting Career...

And to accomplish this you must have at LEAST (but not limited to) one strategy for generating a consistent high performance mindset in all areas of your life. You must have at least (but not limited to) one strategy for developing more effective levels of high quality performance in your acting work (Self tapes, stage work, Camera work etc ) and you must have at LEAST (but not limited to) one strategy for generating high volume profile raising activities in your business. (Actually I teach over 21 of them...)

Then everything you learn or action you take to grow your acting business will ultimately be answered by one of these three essential questions:

## Your M.P.V. Questions

1. Will this action help me raise the quality of my **mindset** so I see an increase in the number of goals achieved?
2. Will this action help me generate richer and higher quality acting **performances** on stage or on camera?
3. Will this action or activity generate and attract more **visibility** from casting directors agents and producers?

Understanding your M.P.V. will help you get clear on HOW to create your personalised acting career plan.

And once you have that, you simply need to get clear on...

## Principle #3



# The Metrics That Matter

The Metrics That Matter are the essential indicators in your acting career that directly effect your #1 Metric:

**Goals Achieved** Or as we call them “gigs we got”!

When you move this metric, you affect your ability to grow your in-demand acting career faster and your ability to generate high paid high profile acting work increases exponentially.

When you identify YOUR Metrics That Matter, you can actually ignore 99.9% of the other noise, numbers and data driven stuff being thrown at you every day!

Okay, to break this down, real quick.

If you’re an actor in “The Business”, you’re here to do great work, make great money and grow a great career that makes you feel great, right?

So, you need to focus on mindset and goal achievement first (**Principle #1**) In order to do that, you’ll need a strategy for developing more effective levels of high quality performance. (**Principle #2**).

Once you’ve done that, you simply focus on generating high volume profile growing activities that improve The Metrics That Matter (**Principle #3**).

Basically, getting more of your acting work into the hands of the top casting directors in the world quicker, right?

Get the picture?



# 17 TINY TWEAKS

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Now that we've got that out of the way, I want you to scan through my 17 tweaks below for the "easy peasy tweaks" in enhancing your career. Look for the quick wins you can easily use to get big results, ok?

Remember, if it doesn't give you goals achieved, performance quality raised or more visibility generated, ignore it and move on!

All of these "17 tiny tweaks" work for me and have improved my mindset, or helped my performances or given me increased visibility.

Please, please, please do NOT make the mistake 99% of actors will, which is to toss this booklet aside never to give it a shot. Most actors do not value what they don't pay for.

And I don't blame them, most actors are tired of hyped up and inflated promises filled with worthless advice.

That's not the case here.

I do have stuff to sell you in the future if you need to take things further or deeper, but not here. This is just the real GOLD that has worked for me, and now you can try it for yourself.

**Ready?!**

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# 17 TINY TWEAKS

## ACTING TWEAK #1: THE PARETO PRINCIPLE

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**Short Description:** The 80/20 rule

**Long Description:** The Pareto Principle states that 80% of your results comes from 20% of your effort.

Named after Vilfredo Pareto—an Italian economist—who, in 1895, noticed that about 80% of Italy's land belonged to 20% of the country's population.

Great, thanks Nick, so how can I use this as an actor?

This is what worked for me:

I noticed that spending more quality time preparing for a self tape with a relaxed workflow process resulted in me getting 4 out of my last 5 self tapes. (Little Women BBC PBS, Miss Scarlet And The Duke : Alibi, Barber (tbr), Lola (tbr)

An 80% improvement which is a great ROI. Return on investment. (My time, my skills and my talent, right?) Good metric, right?

(What I used to do, before I learned this, was to stress out a LOT about the technology, not learn the lines properly, not read the script deeply enough and upload to dropbox as fast as I could to beat everyone else...well that didn't work. Zero results )



## ACTING TWEAK #2: ASKING QUALITY QUESTIONS

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**Short Description:** The quality of your questions will determine the quality of your career as an actor

**Long Description:** Try this out right now.

Ask yourself this **negative** question inside your mind right now, “why do I always scr\*w up my self tapes”?

If you’re anything like me you probably answered yourself with something like...”Because I don’t believe a single word I say, and because I’m no good with cameras, because I keep tripping over the lights and cables, and because I look really nervous on screen...”

Now ask yourself a **positive** question instead.

“How can I quickly and easily become an in-demand actor with a highly profitable acting career with a high profile in the industry?”

Get the picture? Keep it in mind.

Write down at least 3 positive questions you could ask yourself. I promise you WILL get better answers FROM yourself and better results FOR yourself.

### I’ll start you off...

1. How can I increase the depth and **quality** of my screen performances?
2. How can I create a showreel so powerful that casting directors will be **invigorated** by watching it?
3. How can I create a networking strategy that will triple my connections to the needle movers in the business?
4. Over to you....
5. Not got a journal yet?
6. Pop into the stationery shop or...
7. ...order one online today...
8. This is important. It’s your life.



## ACTING TWEAK #3: DISSOLVE YOUR A.N.T.S!

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**Short Description:** Dissolve your **A**utomatic **N**egative **T**hought**S**.

**Long Description:** Your automatic negative thoughts were embedded years ago, by family, by teachers, by negative experiences you went through and by people you considered to have authority over you.

You bought into these A.N.T.S. WITHOUT being asked and WITHOUT your permission.

You can easily begin to unpick, unravel and dissolve these A.N.T.S. by keeping a journal of all your “negative thoughts and handbrake beliefs” that you generate on a daily basis.

The persistent ones will show up more and more over time, and you can quickly and easily begin to work on dissolving these beliefs so you can change them into positive and supportive beliefs.

For example, I used to have this belief :

**“I am not good enough to succeed as an actor, and do not deserve success”.**

I worked on this belief a lot, turned it around 100% into

**“I am good enough to achieve anything , and I deserve all the success the universe has to offer me...”**

Can you imagine the difference that that makes when going into the audition room, going on stage, or creating a self tape?

How about meeting with an agent?

Or networking with a casting director?

Is your brain firing up yet?

Can you see your potential beginning to light up now?

## ACTING TWEAK #4: F.E.A.R. IS NOT REAL

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**Short Description:** F.E.A.R. = False Evidence Appearing Real

**Long Description:** There have been numerous studies in multiple universities across the world that show human beings undertaking an M.R.I. (Magnetic Resonance Imaging) scan where images and sounds that are about FEAR are shown to them, i.e. a spooky picture and the sound of someone creeping up behind you at 3 o'clock in the morning in a dark isolated and dangerous part of town.

When the person sees these images certain parts of the brain light up.

BUT when images and sounds of excitement, for example, being on a happy fairground ride with a smiley nephew and imagining the sound of happy joyous giggles everywhere produces exactly the same results on the brain scans because...

FEAR and EXCITEMENT are neurologically the same at the molecular level. Human beings have simply decided to call one set of molecular change FEAR and the other set of molecular change EXCITEMENT.

Which means that language is **important** doesn't it?





## ACTING TWEAK #5: BAN THE WORD AUDITION FROM YOUR VOCABULARY

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**Short Description:** This word creates dread and causes actors to generate horror movies in their minds eye.

**Long Description:** After having spoken to over 2000 actors about this, I can testify to the fact that every time I ask actors this question,

**“What does the word Audition mean to you?”**

They use words like dread, horror, anxiety, sleepless nights, sweaty palms, nightmare etc...

To turn this idea around begin to think instead. in terms of **sharing** your skills, gifts and talents with the world.

Pick a positive word or phrase that allows you to share your talents in a positive way.

Whenever I am asked to “audition” or “self tape” I picture it this way - As an invitation to collaborate.

Notice what happens inside your mind and body when you use a phrase like...

**“I have an invitation to collaborate...”**



## ACTING TWEAK #6: RELAX YOUR MIND

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**Short Description:** Relax your mind before every performance on stage or on camera, always.

**Long Description:** Neuroscience is finding now that when we are at rest or enjoying play, our brains are most active.

The Default Mode Network lights up, which, like airport hubs, connects parts of our brain that don't typically communicate.

So a stray thought, a random memory, an image can combine in new ways to produce new ideas. You will find yourself being more and more creative and more and more responsive when performing when your brain is relaxed.

I have created a video about how to do this. If you'd like to learn how to do this hit me an email with the subject **5 Minute Meditation** to [peakactors@me.com](mailto:peakactors@me.com)

It will put you into the perfect state of mind for any self tape or acting...

What was that word again, the one we used to use..?

I can't remember now....

No, It's gone now. Nothing there.

No. Thing. There.



## ACTING TWEAK #7: USE THE LEGACY EFFECT

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**Short Description:** Stay on a casting directors hard drive for life with this simple tweak.

**Long Description:** Every time you create a self tape and before you send it out make sure that the file name includes the following four pieces of information.

1. Your Name.
2. Your Character.
3. The Production or Show Title
4. Your Agent's Name.

Use a hyphen between each piece of information so that it easily stands out and is easily searchable on any hard drive, for life. This means that a CD or her assistant or associate will easily be able to find you if they only remember a bit of info about you, and we're all human guys, aren't we? Even CD's...ha ha ha. X

Something like this...

**Nick-Dunning-Van-Helsing-Dracula-Lou-Coulson**



## ACTING TWEAK #8: HIT THE B.E.A.T. SPOTS

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**Short Description:** A simple acronym to put your mind and body system in the right state before any performance

**Long Description:** Before any performance on stage or on camera or in a meeting always enter by the door marked

1. **B**ody Posture and Breathing Spot
2. **E**motional State Spot
3. **A**wareness Spot
4. **T**hinking - Self Talk

I have created a video about how to do this and it's super easy and really powerful. If you'd like to learn how to do this hit me an email with the subject

**BEAT Spots** to [peakactors@me.com](mailto:peakactors@me.com)

It will give you a lot of **confidence** at every spot you stand on inside the room, and that's a good thing isn't it?

Can you imagine naturally becoming more and more confident simply by standing on 4 different spots in a room?

All "A-List Actors" know how to generate confidence easily and effortlessly and at will.

And now, so will you.



## ACTING TWEAK #9: OWN THE ROOM AND/OR THE TAPE

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**Short Description:** Make every performance your VERY own.

**Long Description:** At every opportunity you have to express yourself as an actor whether in the room or on camera or on tape, make sure it comes from your unique personal essence.

It's your performance. You own it. Own the room. Own the performance. YOU are the one in charge. YOU are the one driving the bus. It's YOUR take on the character.

When you approach your work in this confident manner you show you are there to share your perspective and expression about the world.

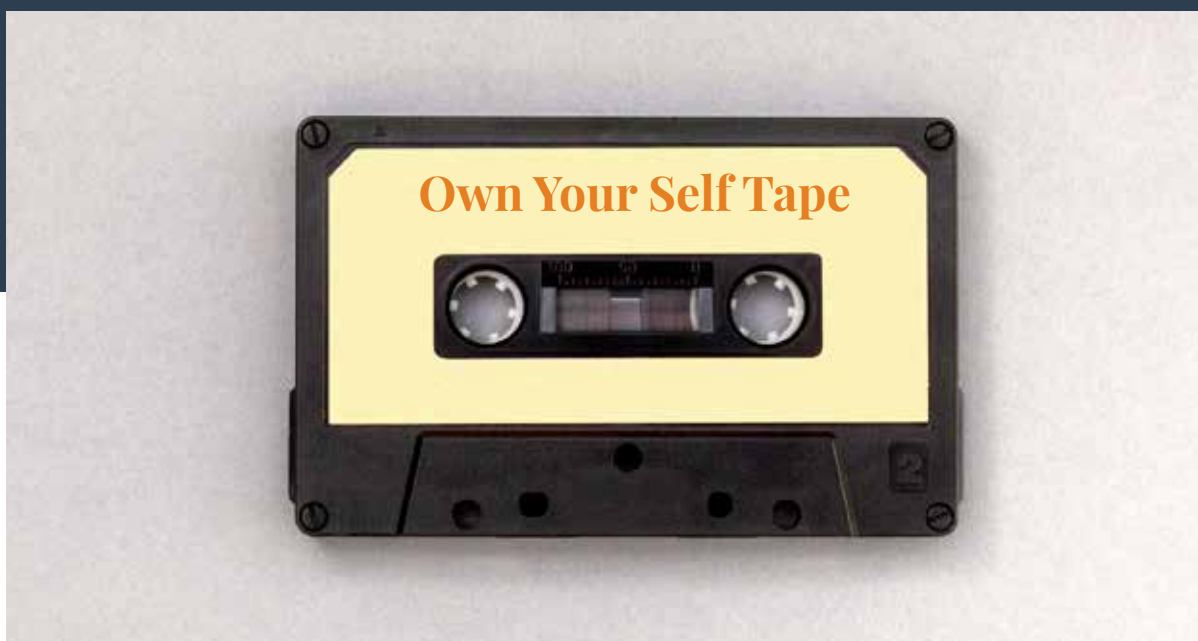
Your interpretation of the character will be supremely unique, because there is no one else on the planet like you.

We know this from science now, because of DNA, so honour your unique DNA.

Use your own perspective and your unique back story to inspire you to shape unusual takes on characters.

The more you make it your own, the more casting people will say yes!

Never be a white cat in a snowstorm. Stand out like a red bull in a green field.



## ACTING TWEAK #10: MAKE BOLD DECISIONS EARLY

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**Short Description:** The quality of your life as an actor depends on the boldness of creating decisions early

**Long Description:** For example. Make a bold decision right now that you are going to follow through on the 17 Tweaks. As you do this you will be in pole position to create the acting career of your dreams and easily become an indemand actor.

The one you visualised at the beginning of this booklet. The actors who take initiative and make big bold brave decisions right here right now are always the ones who win big in the end. Always.

Make bold decisions. Write out 10 bold decisions down now in your journal right now. Eg...

1. I have **decided** to master my mindset, my performance and my visibility strategies right now.
2. I have decided to step into my role as the CEO of my own acting career and business and I love it.
3. I have decided to become an in-demand actor with a highly paid and high profile acting career.
4. Over to you....
5. ...



## ACTING TWEAK #11: ATTEND LIVE COACHING WORKSHOPS

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**Short Description:** Live coaching workshops are the most effective way to become an in-demand actor with a highly paid high profile acting career.

**Long Description:** Experience tells me that the interaction I got myself from attending live coaching workshops was the difference that made the difference in my career. It's how I learned to become an NLP Master Practitioner and Master Hypnotist for example.

I got far better results, far quicker than from doing training courses online and or reading books about acting or listening to podcasts about the business. Never be a white cat in a snowstorm. Stand out like a red bull in a green field.

**“Live coaching led to an 85% increase in results versus 23% for taking online courses...”**

**Oxford and Harvard Universities combined study**

**“The return on investment led to a 20 > 88% increase in mastery of ANY subject...”**

**Forbes magazine**

On a personal note 56% of my students say live coaching is the most effective way of increasing acting work and gaining new personal skills for actors

**The Institute of Coaching UK**

“Over 70% of individuals who receive coaching benefited from improved work performance, relationships and effective communication skills.

They also reported that a huge 86% feel they recouped the investment they made in coaching.

Studies show that coaching is effective at reducing procrastination and facilitating goal attainment “

## ACTING TWEAK #12: FRONT LOAD YOUR SHOWREEL

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**Short Description:** Make sure you place your best work at the START of your reel.

**Long Description:** Okay let's talk about show reels.

One of the biggest mistakes I see new and even experienced actors make is placing their best scene at the end of the showreel.

Casting directors like everybody else in the world are incredibly busy people and very often will not watch beyond the first 1 to 5 seconds of your showreel so make sure you frontload your show reel with your best work.

1 to 5 minutes is the best length now, and absolutely no montages.

And make sure we see YOU not the A-List MOVIE star you shot your scene with.





## ACTING TWEAK #13: ASK Q'S BEFORE A HEADSHOT SESSION

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**Short Description:** Asking a few simple questions before a headshot session will save you time money and heartache.

**Long Description:** Today I am sharing my top 5 questions to ask headshot photographers before a shoot.

There are 14 in all. Here are the first 5...

1. Will I get the raw footage from the whole shoot
2. How many Final photos are included in the price?
3. How much is retouching if done by you?
4. Will I be able to view photos without a watermark?
5. What is your policy on photo reshoots?



## ACTING TWEAK #14: GET CRYSTAL CLEAR ON YOUR BRANDING

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**Short Description:** Branding Clarity is absolutely critical to become an in-demand actor with a highly paid and high profile acting career

**Long Description:** Fill in your branding vibe in this simple questionnaire. I have an entire training in this complex but highly important subject.

Print this out. Fill in the blanks. Pin to your fridge

### BRANDING CLARITY WORKSHEET

I am [my physicality], [my gender] who plays between [my playing age range]

I have a [socio-economic vibe] and most roles I'd play fall under the category of [job or occupational vibe]

People who don't know me would glance at me quickly and describe me as [my personality vibe]

Is there more to it than this?

**Oh yeesss!**



## ACTING TWEAK #15: CORRECT HASHTAGS ON INSTAGRAM

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**Short Description:** The correct use of hashtags on Instagram will build better relationships with casting directors, agents and producers.

**Long Description:** Follow this handy checklist. I cannot dive too deeply into this inside this booklet but this is a great place to start.

1. Are your hashtags relevant to your post?
2. Are you using a variety of different hashtag sets across all of your insta posts?
3. Does your post have between five and seven relevant hashtags on your insta post?
4. Does your hashtag set combine broad and specific hashtags?
5. Are you using Geo-Tags and location-Tags when relevant?
6. When promoting your own career material are you following my 9 to 1 PVB rule?

The PVB rule simply states that when promoting yourself on ANY social media platform use a ratio of 9:1 so you avoid coming across as spammy or pushy.

9 posts focussing on THEM and 1 focussing on YOU.



## ACTING TWEAK #16: BECOME A NETWORKING LINCHPIN

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**Short Description:** Becoming a “Linchpin” is the fastest and most effective way to master networking

**Long Description:** If networking doesn’t come easily to you and yet you KNOW you want to improve, and you already know how important networking is and how it affects the outcome of your career, you must master this essential tool for actors.

Key Success Metric - The Number of CD’s who (KLT) know like and trust you, right?

To be the linchpin you need to know it’s never about you. Once you decide to become the linchpin in your network, everything changes. You get to feel and be more confident, because it’s not even about you. IT’s NEVER about you.

### What does a Linchpin even do?

The Linchpin places the focus on the other people in the room, introduces and connects them together.

The cool thing is this takes the focus of yourself and places it on the people you are meeting - super powerful skill.



## ACTING TWEAK #17: AUTOMATE YOUR V.I.W.

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**Short Description:** Automating your V.I.W. - Vertically Integrated Website will place your career profile front and centre with casting directors all over the world

**Long Description:** One of the most effective ways to increase work for actors is to increase your perceived value, and one of the best ways we've been able to do that is by offering regular updates to all Casting Directors and needle mover contacts.

This is a complete bonus training inside

**ACTivate - the fastest way to become an A-List Actor on the planet**

It is a very powerful way to connect with casting people but it is also one of the least understood because it is so easy to get this wrong and offend and upset people.

However don't overthink or complicate this. All you need is a free website, SquareSpace, WordPress or Wix for example, and the ability to automate connections with the casting people of your choice.

Simply keep in touch. NEVER come across as pushy and spammy because that will kill you and your career stone dead. It's easy to do and takes away a great deal of the overwhelm because you can automate it - you get to own your own robots, ha ha x!

**YOU DID IT! NOW WHAT?**



I hope you've enjoyed my light and easy **17 Tweaks**

Can you see how you can take just one or two and put them to work inside your career/business right away?

Start with the ones that feel light, easy and do-able! Remember to keep this document safe! You can always come back and add more tweaks to your career plan later.

## Now, for the BIGGEST LESSON of Them All!

ALWAYS come from a place of service and never from a place of sales.

Get the idea?

Oh, and here are a few bonus "tweaks" thoughts, ideas or action items that didn't quite make my original "17 tweak list," but I still wanted to give them to you!



## ACTING TWEAK #18: LISTEN LIKE AN EAGLE

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**Short Description:** Listening is the most powerful tool you can EVER have as an actor

**Long Description:** One of the most effective ways to deepen your skills as an actor is by becoming a great listener. In performance it shows your level of connection and commitment to your craft, and makes you appreciated and respected by your colleagues.

How do you think an eagle listens?

Eagles use peripheral vision. Peripheral vision will quickly accelerate your ability to listen because it helps you stay totally focused and alert on set and on stage and on camera.



## ACTING TWEAK #19: ACTIVATE HIGH PERFORMANCE HABITS

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**Short Description:** Creating a series of empowering habits is critical to your mental well being when the going gets tough.

**Long Description:** Creating a series of empowering habits is critical to your mental well being when the going gets tough.

- 1. Psychology.** You must gain control over your thoughts, emotions and behaviours so you stay motivated, positive and resilient especially in your “down time”.
- 2. Physiology.** We must take care of our sleep, workouts, nutrition and health etc. But not enough actors care for their mental health which is why so many actors drop off the edge? Please don't let that be you. TLC rules!
- 3. Productivity.** It's so easy to set goals with apps and pens and notebooks, and easy to prioritise and schedule using blocktime. If you lack the ability to get things done and be effective in what you're doing, you're toast.

Keep this phrase front and centre of your mind:

**Getting the MAIN thing DONE is  
ALWAYS the sweet spot ZONE**

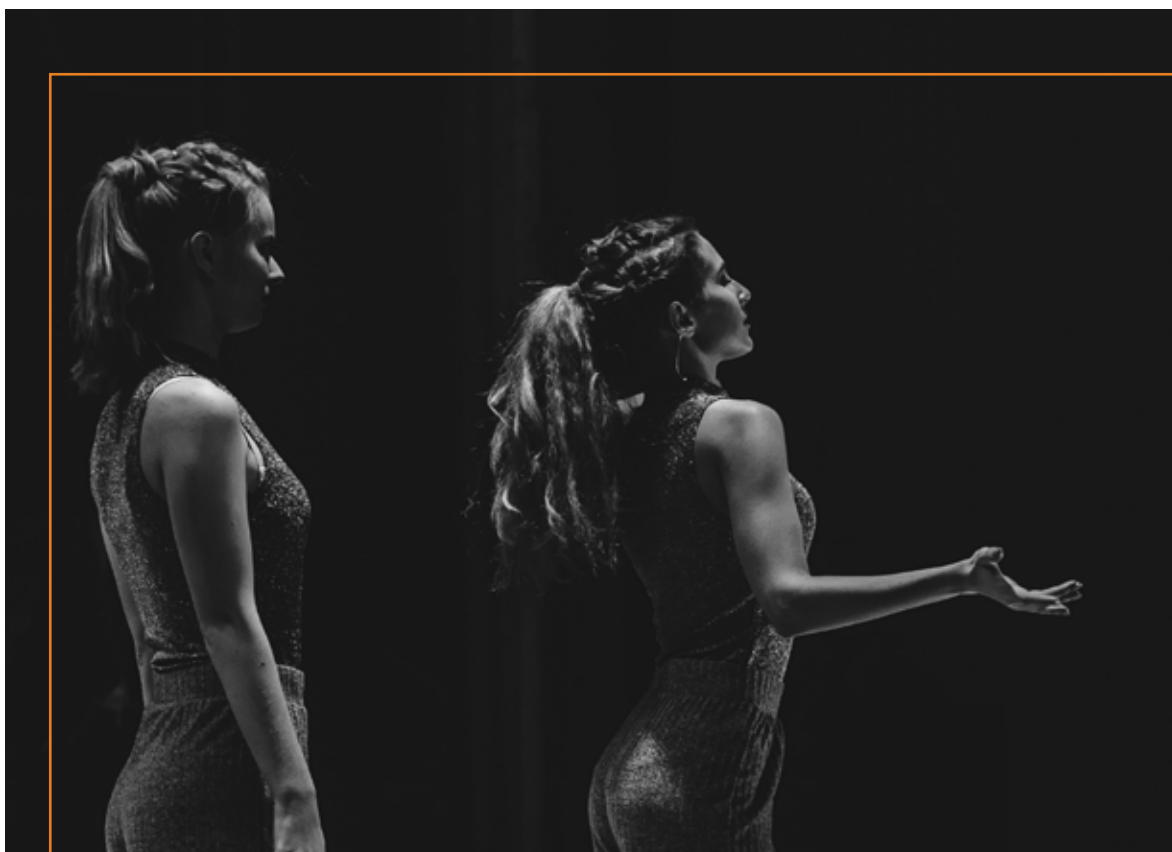




4. **Persuasion.** Have you ever been taught exactly how to get people to believe in you, listen to you, follow you, employ you and support you? I wasn't

Learning persuasion and influence is one of the most important skills for actors. You can't always face challenges on your own. You have to have the necessary people skills so you can move to the next level where you can enlist others to support your dreams.

LET'S KEEP THIS  
PARTY GOING,  
SHALL WE?





First, check out and **subscribe** to my you tube channel: **Nick Dunning TV** for a weekly dose of mindset, performance and visibility strategies!

Oh and we have a lot of laughs as well, ok :-)

Second, make sure to get on the **wait list** for my signature program: **ACTivate - The fastest and most effective way to launch yourself as an A-List Actor.**

I'll update you when my free training becomes available for that... which is NOT to be missed!

And third, if you're itching to take a course from me right now, go visit my Course Library for some great programs that can help you grow your acting career/ business: **Course Library**

Thank you so much for taking the time to go through this report! I am so excited to hear from you and the results you create from this free guide!

**Cheers!**

**Nick x**

PS - If you feel stuck in some way you might like to take advantage of my free 30 minute coaching call which you can **register for here** so we can chat it out :-)

