

Actor's
JOURNAL

glossary

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Character Study

Stanislavski Method

WHAT DOES YOUR CHARACTER WANT?

WHAT IS HAPPENING AROUND YOUR CHARACTER?

WHAT WOULD YOU DO IF YOU WERE YOUR CHARACTER?

WHAT DOES YOUR CHARACTER DO TO GET WHAT THEY WANT?

TIP: USE YOUR EMOTIONAL MEMORIES TO MAKE EMOTIONS FEEL REAL

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TIP: USE YOUR EMOTIONAL MEMORIES TO MAKE EMOTIONS FEEL REAL

Scene Breakdown

Title of
play/film: _____

Scene/page
numbers: _____

Character Study:

USE PAGE'S 2-6
OR
STANISLVASKI METHOD OR UTA HAGEN'S NINE QUESTIONS

Relationships:

WHO IS YOUR CHARACTER TALKING TO? HOW DO THEY FEEL ABOUT THEM? DOES THAT CHANGE IN THE SCENE?

Beats:

BREAK THE SCENE INTO BEATS (EVERY SHIFT IN EMOTION, TACTICS OR TOPIC. LABEL EACH BEAT WITH A VERB/ACTION WORD (EG: "MOCK", "PLEAD")

Key Lines:

LINES YOU MUST REALLY HIT WITH
PRECISION AND EMOTION

Subtext:

WHAT YOUR CHARACTER *REALLY* MEANS VS WHAT THEY SAY

Physicality:

HOW DOES YOUR CHARACTER STAND, WALK, GESTURE?

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play/film: _____

Scene/page
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Directors Notes

DATE: / /

What i've improved on:

What I need to improve on:

Next time i'll....

Specifically what the Director said:

“Practice like you’ve never won, perform like you’ve never lost.”

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Rehearsal Planner

PLAY/MUSICAL:

WEEK OF:

MONTH OF:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES :

GOALS FOR NEXT WEEK:





Rehearsal Planner

PLAY/MUSICAL:

WEEK OF:

MONTH OF:

MONDAY

TUESDAY

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Monologue Log

Month _____

Monologue title	Author	Genre	Length	My Thoughts

My favorite monologue so far

Notes

- ★ _____
- ★ _____
- ★ _____

- _____
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GOALS

Month:

This month, I am thankful for...

1.
2.
3.

My focus for this month was...

1.
2.
3.

Goals i have an actor/actress are....

1.
2.
3.

MONTHLY GOALS CHECK-IN:

Goals Achieved:

Still Working On:

Focus for next month:

• Quotes that have kept me going:

.....

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• Intentions for next month:

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STAGE NOTES©