



Acting Mindset Reset

7 Journal Prompts for Confidence & Clarity

Acting is more than performing—it's feeling, growing, and staying grounded in the process.

Whether you're five or fifty, these prompts are here to help you pause, reflect, and reset when you're feeling unsure, discouraged, or just in need of a boost. Use them before a big audition, after a tough class, or on a quiet day when you need to reconnect with your love for the craft.

 **You can write or draw your answers! Parents can help younger actors by writing for them or asking the questions out loud.**

Tips for Using This Page

- You can answer one prompt at a time—or all at once.
 - Try using them before a big audition or performance to center your thoughts.
 - Use them after a tough day to remember what matters most.
 - Revisit your answers a few months from now—you'll be amazed at how much you've grown.
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Prompt 1:

What do I love most about acting right now?

(Even if it's small—like getting to play pretend or learning something new.)



Prompt 2:

When was the last time acting made me feel proud? What happened?



Prompt 3:

What's one challenge I've faced in acting that helped me grow—even just a little?



Prompt 4:

If I could send a message to my future self as an actor, what would I say?



Prompt 5:

What does success FEEL like—not just what it looks like?

(Think about emotions like confidence, joy, or feeling connected—not fame or money.)



Prompt 6:

What do I want to remember the next time I don't get a role I wanted?

(A lesson, a reminder, or words of encouragement to yourself.)



Prompt 7:

What kind of actor—and person—do I want to become?

(This is about how you treat people, how you work, and how you grow.)



