

Takeaways from Actors' Think Tank, January 5, 2023

Julian Gavilanes

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Sandra Bulk

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Julian, thank you so much for your openness and honesty and, for me, letting me know I'm not the only person who struggles to get out of my head. I have more than four pages of amazing notes from your visit, but the one takeaway I have to go with is "just practice joy." It seems so simple but can sometimes feel like the hardest thing. I needed that reminder today. Thank you.

Shauna Hurley-Hansen

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Today's Actor's Think Tank session with Julian felt like an exploration into what it means to be a whole human being and not only an Actor. I appreciated Julian's journey of following his dreams and his desires by living with integrity to others and to himself. For me, my biggest takeaway was Julian's message to not overextend yourself in the wrong areas of your life. This isn't always easy, but it was important for me to hear. Time well spent today.

Rich Henkels

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If he hadn't booked jobs from his first five auditions, he probably would not have stuck with it, as since then, the REAL challenges of the industry have become so clear. Without the initial success, Julian would likely to have succumbed to the difficulty of being successful and moved on to something else. How REAL is THAT? We should pat ourselves on the back for pushing forward and persevering DESPITE immediate or initial success.

Mike Provenzano

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Loved the motivation thoughts today. I think what stuck with me most today was the fact that just like a lot of us, you hold on to those opportunities that you really wanted. I have become very good at moving on after an audition and would love to brainstorm with you if my process can help you. Really appreciated all of your honest and direct information you shared with us today.

Tyler McKenzie

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Having Julian join us in the Think Tank was incredibly eye-opening. Lately, I've found myself so "dedicated" to being an actor, that I'm falling short on living life. Julian's story was a great reminder to myself that the only way I can fully be the best at my craft is to be a full human first.

Shelby Hightower

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I really appreciated the reminder to have joy throughout your journey. It's the climb, not the destination.

Luca Cundo

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"You brought up points I have considered many times in my journey. I'm fairly new to acting but it is about finding the joy in the day to day. This business is unpredictable and that is where I have find the joy. I embrace the unknown."

Jamie Vaughan

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Julian was an incredible guest that was completely open and honest with his experiences, He held nothing back. My biggest takeaway was that as actors, we must continue to find the joy and not to overextend ourselves in the wrong areas of life.

Jeff Neckonoff

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I thoroughly enjoyed my first session. Thanks everyone for the warm welcome. My takeaway is that it was great hearing honest feedback about the industry from Julian Gavilanes. As a fairly new actor, I've noticed that many online influencers and speakers make it seem like it's a cakewalk to become successful simply by following their methods. I related to his discussing authenticity as opposed to focusing on specific methods of acting. The acting school I am attending (Barrow) also promotes the same philosophy. I appreciate the honesty and philosophy of this group.

Parker Damm

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Julian reminded me that it's a marathon not a sprint, and you have to like the journey. I liked his focus on finding joy everyday.

Lindsay Michelle Reed

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A lot of things Julian said validated my experience. What he said was a great reminder to not get so caught up in valuing ourselves based on booking a job. It is grounding and to

realize as actors that each job won't skyrocket us to fame and success. I can let go of the belief that my career needs to grow exponentially, because that's not the case for most actors.

Paul Blumenthal

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If you don't get a job it doesn't mean you are a bad actor, only that casting was looking for someone else.

However, you can't be a good actor unless you practice bring a good human being.

Rashad Alii

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I love the fact of how he told of us of his struggles our thoughts on his journey in this acting industry to let us us know we're not alone and to keep going and to find happiness outside of booking work in acting.

Mariel McIntosh

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So many nuggets of advice was shared during our time with you! I loved hearing your journey to success and realization about putting joy to the forefront. One of several things that stood out for me was when you spoke about how we can't quantify our success in this business. There isn't necessarily a "right" way. We don't always know what works and what doesn't when it comes to booking the job. I felt this was a good reminder to also not dive down the rabbit hole when we don't book. Instead, focus on what we can do and realize that the CDs decision wasn't personal.

Jeannette Nina

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I really enjoyed listening to your journey and your thought process throughout. Thank you for being so real and relatable. It really is such a mental game. "You have to be delusional to pursue this career." Love this quote.

Justine Reiss

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Thanks for all the gems Julian.

I spent so much time being an actor that I forgot to be a human being

We become a human DOER. If you really want to act so badly, then PROVE IT!! The place of discomfort is the best place to be where we will grow the most.

Shelley Brietling

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As an actor, there are moments when you feel your career will skyrocket and take off. Then there are moments of realization that this is a very slow ride. Having a support group, or finding some form of motivational place of peace, such as meditation, working out at the gym, running, or some sort of hobby, helps to get through the moments of doubt and dismay. Everyone in this business needs to find a place to feel excepted and find joy in their life.

Practice joy so you can stay grounded and center. Move in the direction to better yourself and find a purpose where all of this craziness makes sense.