



Takeaways from Actors' Think Tank, September 15, 2022

Glenn Morshower - Actor, Inspiring Person!

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Rich Henkels

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There is a plus side to saying no! The story about saying “No” on a Friday opening the door for an audition and eventual booking on “West Wing” on Monday struck at my core, as it is essential that we take ourselves seriously and have the courage to say “no”. It is all about being true to ourselves.

Luca Cundo

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Right out of the gate he gives us one of his many quotable lines, "Fantasies are worth a pimple on a gnat's ass". You are truly profound Glenn....thank you

Sandra Bulk

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From the "Four Rooms of Consciousness" to "look across the lens," this session was full of incredible takeaways. The one I'm going with as the most meaningful for me in this moment in my life is "Replace 'I want to...' with 'I am ready to...' " For 50 years I "wanted to" be a working actress. Now I **AM** a working actress; I am **READY** to embrace the opportunities I both find and create. Thank you so much, Glenn.

Shauna Hurley-Hansen

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I feel truly grateful to have been able to experience such a life affirming afternoon with Mr. Morshower. He touched on so many of the things I am working on in my own life and it's wonderful to hear some of that mirrored back by someone who has had great success in his personal and professional life. My biggest takeaway from our session would be to try to improve every single circumstance that comes across to you in your life. To do this with service, love for one another and by declaring your own authenticity and live a spectacular and illuminated life of integrity. Thank you very much!

Rosalyn (Roz) Jamal
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The session with Glenn was amazing. My takeaway is to add a beat in the slate before telling the story, that actors must be authentic and spontaneous and that our essence/light is what gets us hired. The "Four Rooms of Consciousness" should also help us determine the types of people with whom to spend our time.

Gabi Faye
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Glenn, you are the most inspirational and uplifting person I have ever met. Your whole session was full of hundreds of lessons and takeaways, but this one was specific to me so it's the one I choose: "Own the way you speak, because that speaks volumes about you. The language you use can make you seem like an outsider or someone confident in their experience and what you bring to the table. It's of utmost importance that you know your worth and abilities and communicate them accordingly."

Stacey Marie Keba
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Pronoia: Opposite of paranoia. Living in the lane of belief that the world is conspiring on your behalf.

Shelby Hightower
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Hot damn! Hardest one yet to choose just one takeaway for... I'd say it's 'who you are anywhere is who you are everywhere.' Act from love!!!!

Marcie Ryan

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Thank you! Glenn for all your nuggets of information. I really had to sit on all the information to fully process it. And what I came to so far, since there is so much more to process, is that I am ready to start going with my gut and stop ignoring the whispers and stop listening to the overbearing voice of negativity. I am finding the whispers are harder to hear at times, but now that I am ready it will be easier. Obviously there was so much more that hit me and I will continue to process.

Victoria Stevens

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I am very grateful I got to learn from Glenn. He is very knowledgeable and very open about the industry. I learned that not all characters use the same voice and if you are not changing them up then you are not portraying that person properly. It was a big eye opener for me. I also learned that you have to word things different to bring about what you want to accomplish. You have to say, "I'm looking forward to be cast in" instead of "I want to be cast in". Many people want things, but it is the select few that actually go out to get them.

Kaitlyn Diehl

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What stood out the most was Glenn's story about the role of the dead, charred cop with an apple in his mouth that he turned down because "his morality is not for sale." AMEN!!! A fear of mine has been that I will one day be confronted with a role that will contradict my morals. I love how much God delivered when Glenn turned down that role; as he noted, the heavens said "thank you for sticking to your guns! Here's a way better role for the next 3 years instead." It inspires me to continue to be strong in my faith that this journey I am on has a plan, and I don't need to fear when faced with adversity.

Jackie Diehl

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How in the world am I supposed to come up with ONE takeaway?! I must say that the four rooms of consciousness are something that will stick with me. I've been around some "Room One" people and it can be a huge life dampener to spend too much time around them. Thank you Glenn, for reminding me to say no to jobs that are not up to my standard, to be very specific with my life choices, and to be constantly full of gratitude. I am READY to move forward with my career!!

Dina Laura

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Where do I begin??? The four rooms of consciousness is my top takeaway, (amongst many others). It gave my often over-active brain a way of clearly breaking down different mindsets/ways of being into specific categories, which will help me focus on the room I want to be in (as well as the rooms of people I want to avoid) going forward. Thank you so much, Glenn, for your inspiration, your mindfulness, and reminding us that love, kindness and gratitude are everywhere and necessary to leading a fulfilling life!

Shelley Brietling

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There were so many nuggets of valuable information given during our session with Glenn, I am not sure where I can even begin to decide which takeaway I want to include. Every piece of advice is incredibly important. But, I will say that I did keep hearing how important it is to believe in ourselves, love ourselves, respect ourselves, build relationships and speak the truth, which is the best advice anyone can give. The positive power starts from within, and Glenn surely went into detail how important that is as an actor and of course, as a person as well. His one quote, "Do you love being you?" is an important question everyone needs to ask themselves. "The moment you know you are enough is all you need" another important quote. I can't thank you enough Glenn for an incredible session and lessons learned!

Paul Blumenthal

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We place too much emphasis on other people's opinions about ourselves and forget to tell the world that we are ready for that job. We get hired for our aliveness which is highly employable and, when we get rehired, our career is established.

Mariel McIntosh
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Glenn, you are brilliant and an inspiration! Much of what you shared will stick with me not only throughout my acting career but in my day to day life. One of the many things you mentioned that I took to heart is to replace the word goal with the word nature. A goal is something you chase and nature is something within you.

Lindsay Michelle Reed
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I have two pages of notes so it was hard to narrow it down! The idea that actors are profound truth tellers really resonated with me. I like the idea that we are telling the truth of other people as them, not as ourselves. That makes more sense to me than when people say " Just be yourself as an actor." When it's not about me, but about telling someone else's story from their point of view, that makes it more meaningful and dynamic to me.

Mike Provenzano
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Thanks for a great session yesterday Glenn!! With so many great pieces of information and the fact that I took 6 pages of notes, here goes: I am big goal oriented guy but hearing you change "goal" to "nature" resonated with me on many levels. So I am now going to use this and many other of your tips for sure, in fact I woke up this morning and immediately said a prayer of gratitude upon opening my eyes!! Thanks again and look forward to working together with you in the future because I'm ready to!!

Rashad Alii
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Walk in your purpose and with confidence. Know yourself and why you're ready for your next role. It's in my NATURE to be great. Don't be afraid to

be you 1,000 %. That's what books you. Your uniqueness. Your
3-5% away from being booked by small nuances. That most actors don't uti-
lize properly like eyelines especially on self tapes.

Justine Reiss

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Sorry I know there's too many here but he was too full of wisdom not to
write it all down.

People r hired because of their readiness.

Life gives us gifts and the gifts don't usually come in an orderly fashion, so
if something happens in the room, go with it, if someone If someone inter-
rupts your slate to say something stop listen and engage.

Most peoples lives are completely incongruent with their outward vision. it
is our deliberate and intentional choices to our life that matter.

Remembrance that I am a beautiful a strong creature

I've been granted the privilege to do live ea day

Consistency / what are you doing consistency

Do something every day to expand your light and your life, then watch how
easily things happen.

Do something every day to expand your light and your life, then watch how
easily things happen.