

ATL ACTORS RESOURCE GUIDE

# Affirmations, Inspiration, and Quotes for the Actor

DAILY ENCOURAGEMENT FOR  
THOSE BRAVE ENOUGH TO GO  
INTO AN INDUSTRY OF NO'S

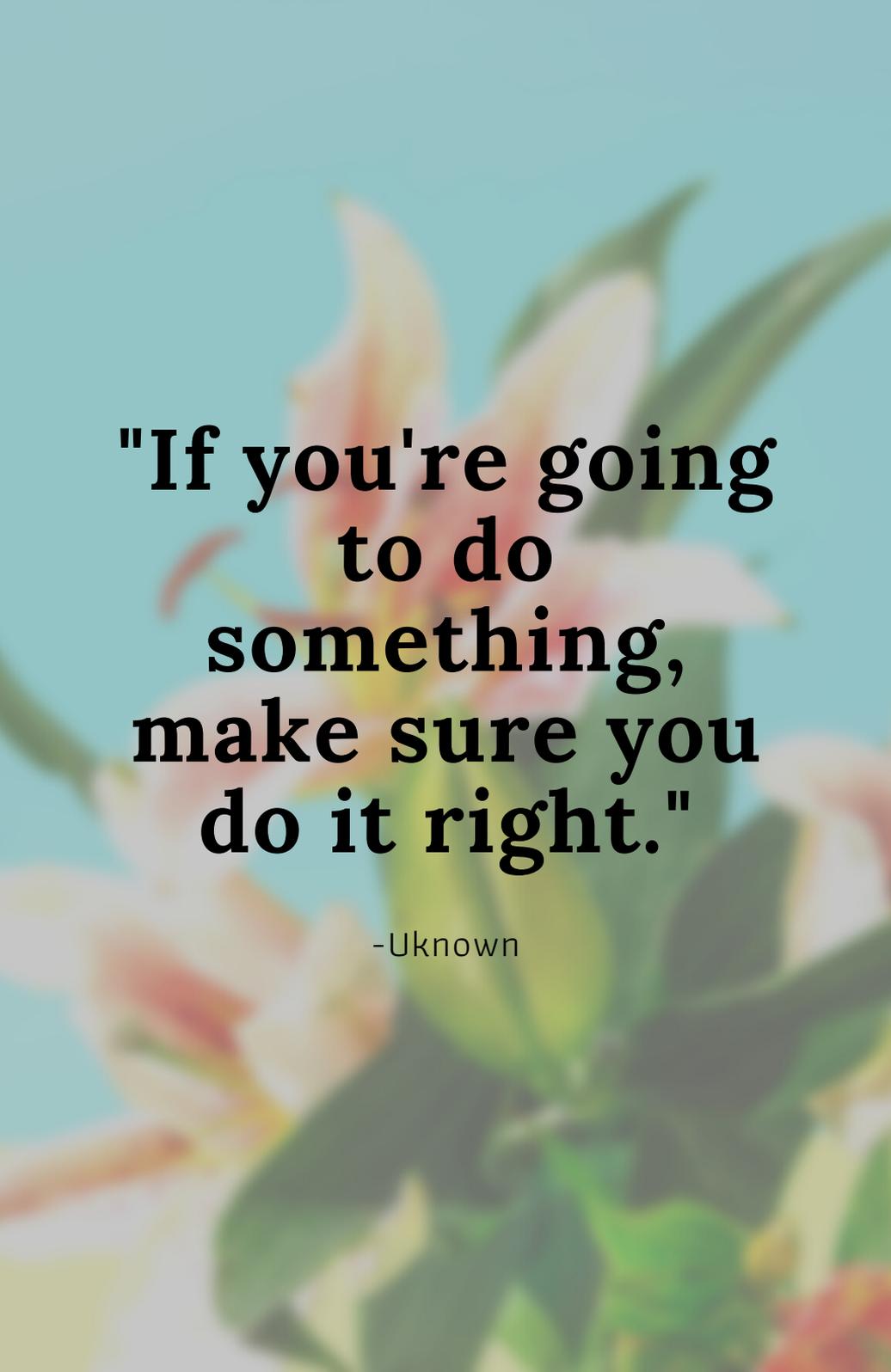
The following pages  
contain inspirational  
quotes from known and  
unknown individuals.  
Read these inspirational  
quotes daily.

Best way to use this book:

Let the universe decide  
your inspiration for the  
day. Visit

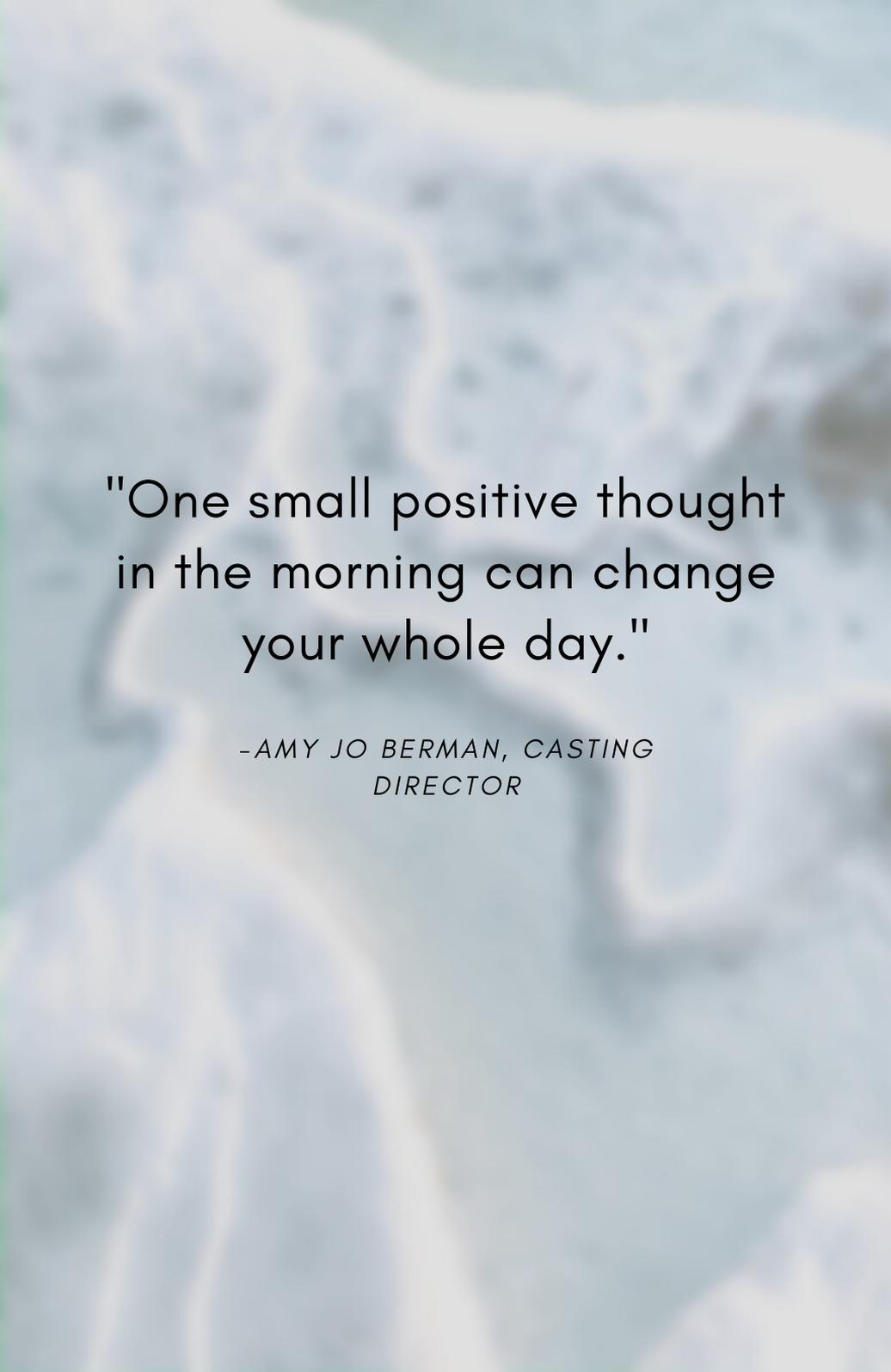
[NumberGenerator.org](http://NumberGenerator.org).

Which ever number is  
selected go to that page in  
this book. Enjoy!



**"If you're going  
to do  
something,  
make sure you  
do it right."**

-Unknown



"One small positive thought  
in the morning can change  
your whole day."

-AMY JO BERMAN, CASTING  
DIRECTOR

**"Acting requires  
faith. You just  
have to believe  
that you are the  
person you're  
playing and that  
what is  
happening is  
happening to  
you."**

Humphrey  
Bogart

**“Study, find all  
the good  
teachers and  
study with  
them, get  
involved in  
acting to act,  
not to be  
famous or for  
the money. Do  
plays. It’s not  
worth it if you  
are just in it for  
the money. You  
have to love it.”**

Philip  
Seymour  
Hoffman

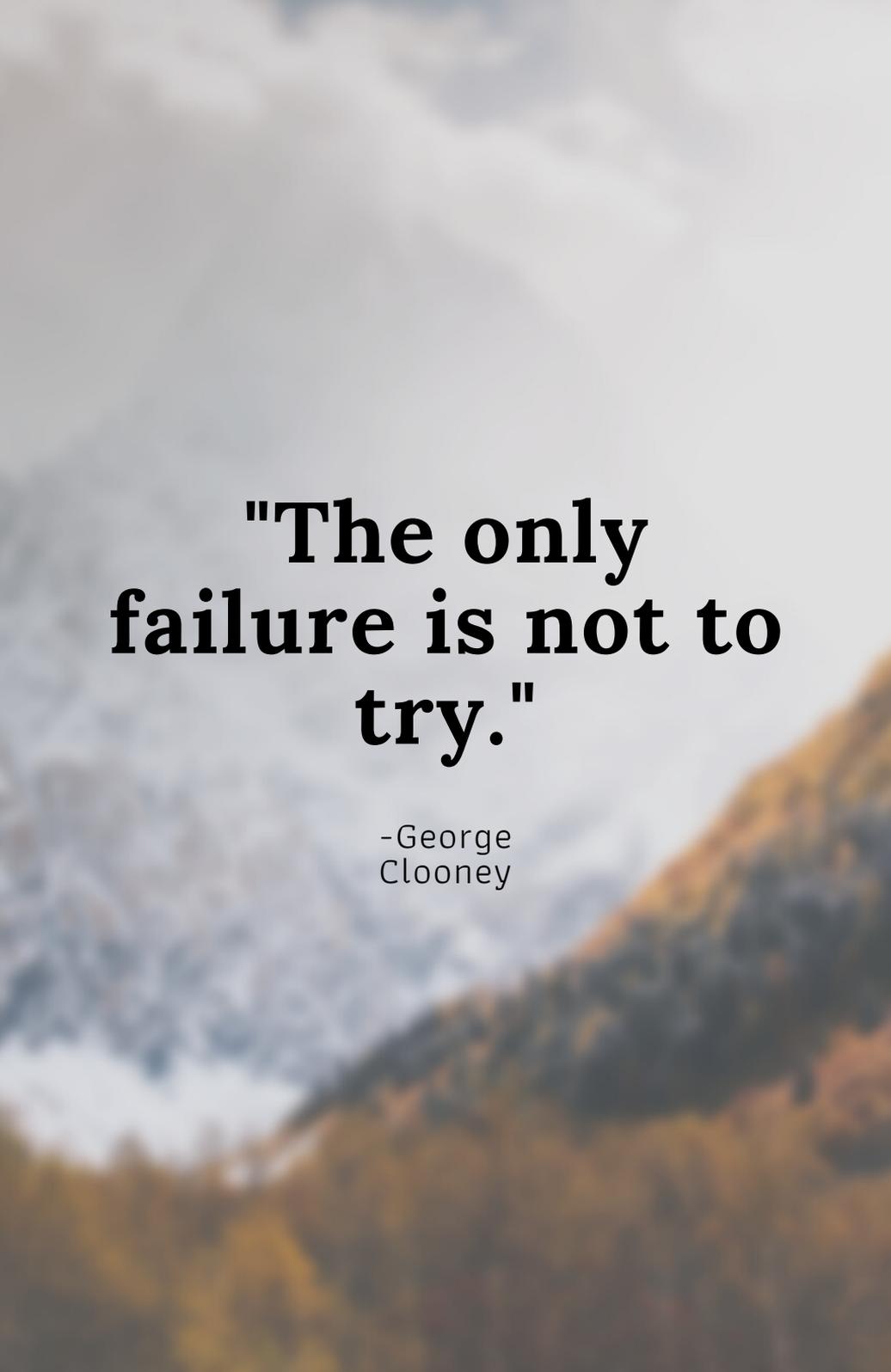


**Acting is not  
about being  
someone  
different. It's  
find the  
similarities in  
what is  
apparently  
different, then  
finding yourself  
in there.**

-Unknown

**Just because it  
hasn't happened  
yet, doesn't  
mean it's not  
going to  
happen.**

-Unknown



**"The only  
failure is not to  
try."**

-George  
Clooney

**"Take the first  
step in faith.  
You don't have  
to see the whole  
staircase, just  
take the first  
step."**

-Martin  
Luther King,  
jr

**New actors are  
hesitant to call  
themselves an  
actor when  
describing who  
they are. Don't  
do that!**

-ATL Actor  
Guide

**“Yes: I am a dreamer. For a dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world.”**

-Oscar Wilde

**“Acting isn’t something you do. Instead of doing it, it occurs. If you’re going to start with logic, you might as well give up. You can have conscious preparation, but you have unconscious results.”**

-Lee  
Strasberg

**“To fulfil a dream, to be allowed to sweat over lonely labor, to be given a chance to create, is the meat and potatoes of life. The money is the gravy.”**

Bette Davis

**“If you always  
put limits on  
everything you  
do, physical or  
anything else. It  
will spread into  
your work and  
into your life.  
There are no  
limits. There  
are only  
plateaus, and  
you must not  
stay there, you  
must go beyond  
them.”**

-Bruce Lee

**“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”**

-Marianne  
Williamson

**“You have to understand your best. Your best isn’t Barrymore’s best or Olivier’s best or my best, but your own. Every person has his norm. And in that norm every person is a star. Olivier could stand on his head and still not be you. Only you can be you. What a privilege! Nobody can reach what you can if you do it. So do it. We need your best, your voice, your body. We don’t need for you to imitate anybody, because that would be second best. And second best is no better than your worst.”**

-Stella Adler

**“What sets you  
apart can feel  
like a burden,  
but it’s not. A  
lot of the time  
it’s what makes  
you great.”**

-Emma Stone

**“Accept your  
lack of  
knowledge and  
use it as your  
asset.”**

-Natalie  
Portman

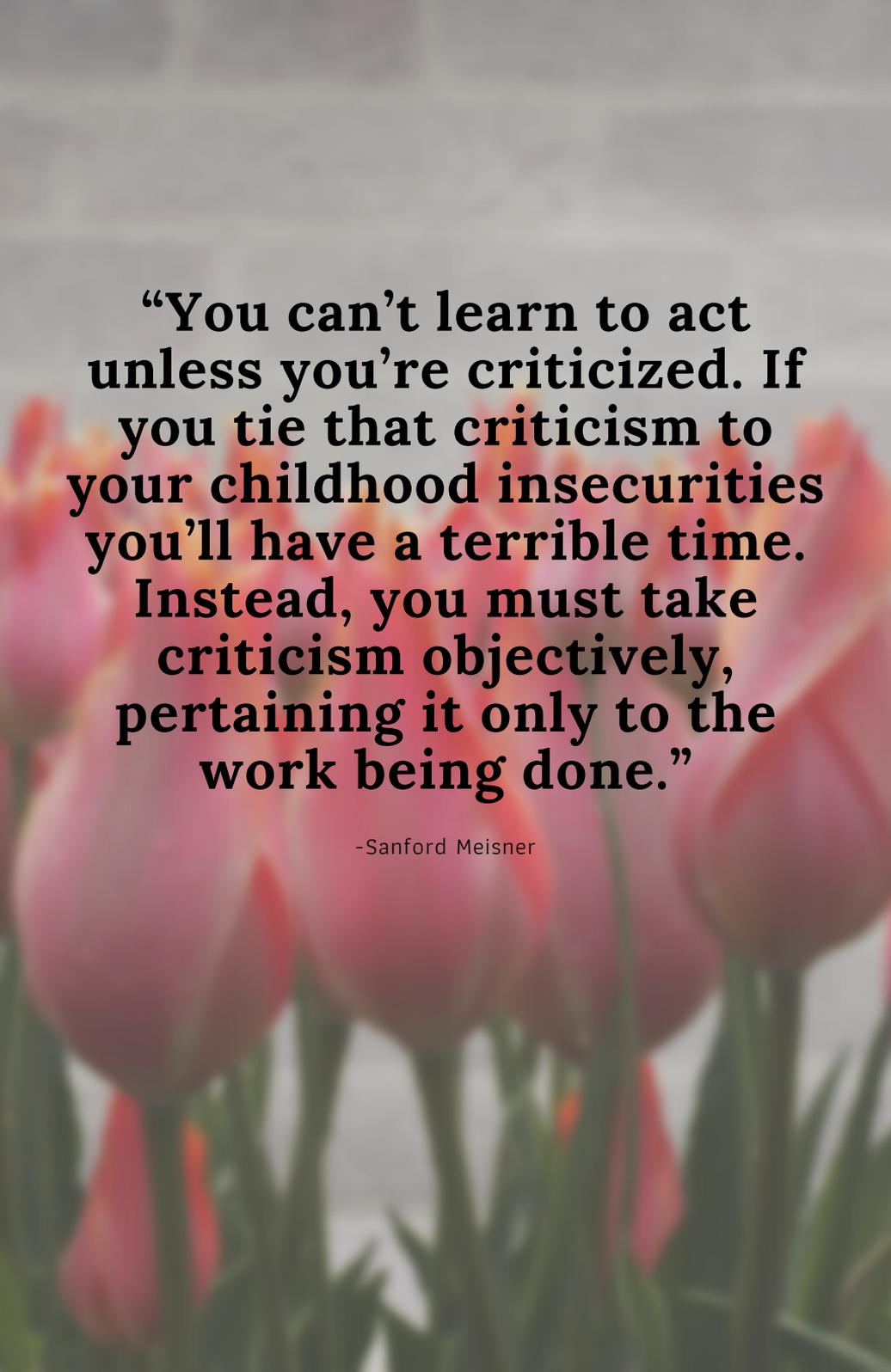
**“When you do something that people respond to, and then you start altering the blueprint for what worked, it’s pretty fear-inducing. But sometimes, you have to do that, in order to push the boundaries.”**

-Rami Malek



**“If you know  
you are going to  
fail, then fail  
gloriously.”**

-Cate  
Blanchett



**“You can’t learn to act unless you’re criticized. If you tie that criticism to your childhood insecurities you’ll have a terrible time. Instead, you must take criticism objectively, pertaining it only to the work being done.”**

-Sanford Meisner

**“Once you are  
gold, you need  
to keep yourself  
golden. Even  
the best of it  
needs to be  
cleaned and re-  
exposed and put  
into the world  
again”**

-Susan  
Batson

**“To grasp the full significance of life is the actor’s duty, to interpret it is his problem, and to express it his dedication.”**

-Marlon Brando

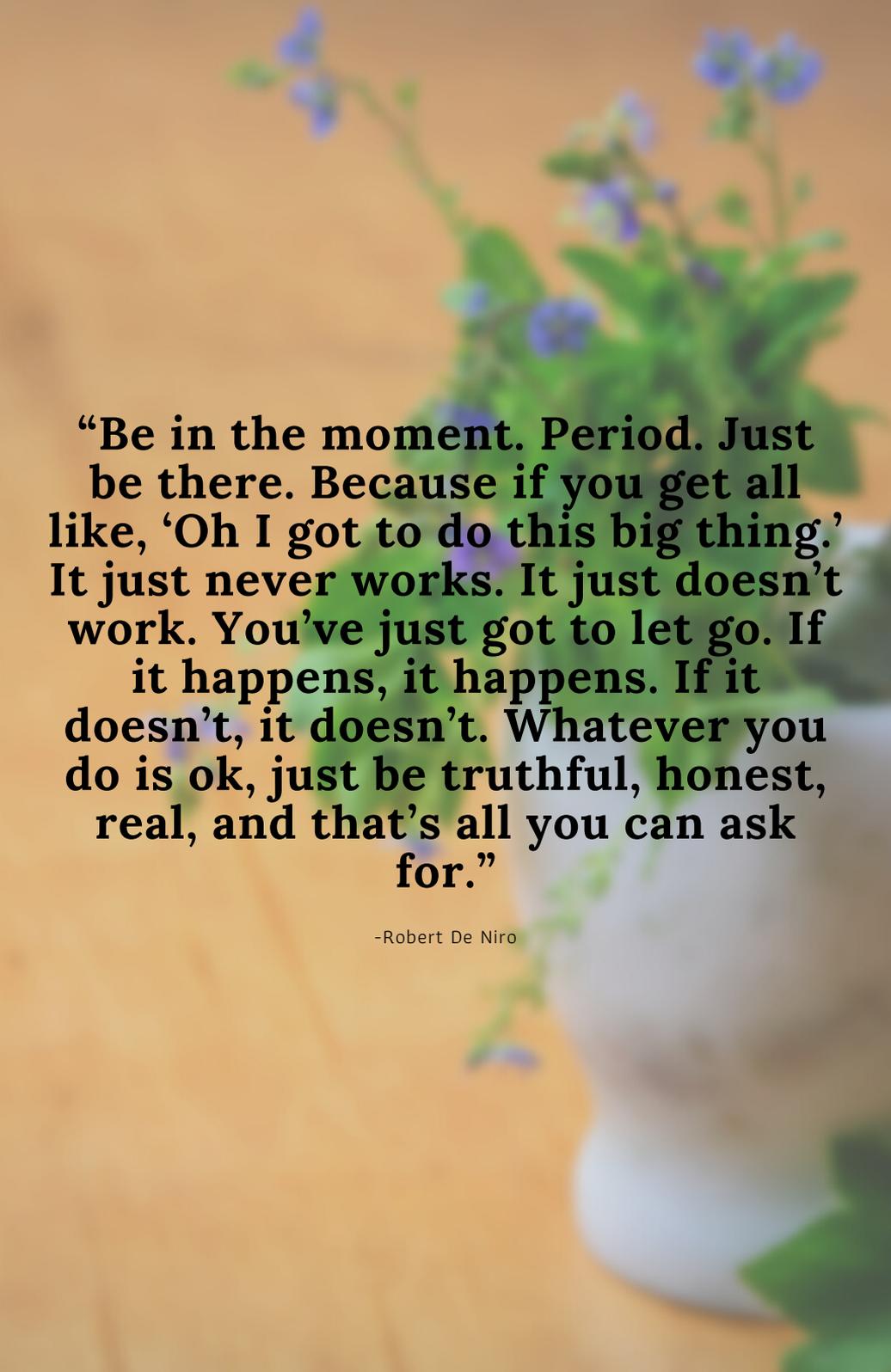


**"Who needs  
a boyfriend  
when you have  
the best set of  
friends."**

Jane Doe

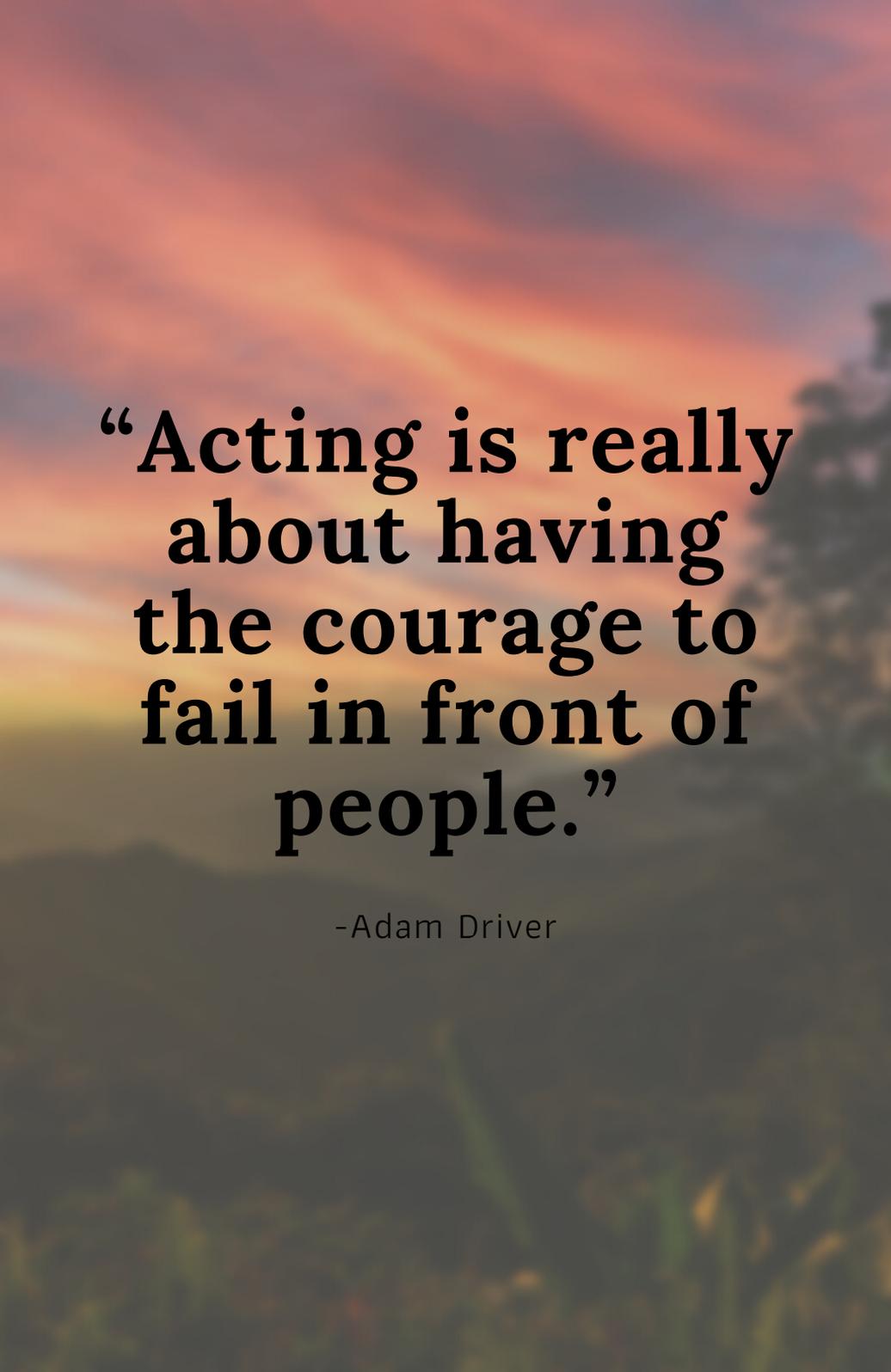
**“Life has to be everything. It can’t be all sad. It can’t be all peaches and cream. Because the lows have you appreciate the highs. And the highs give you perspective on the lows. If it’s not everything, it becomes flat or mundane.”**

-Sterling K Brown

A vase of blue flowers on a wooden surface. The background is a warm, orange-brown color. The text is centered and reads: 

**“Be in the moment. Period. Just be there. Because if you get all like, ‘Oh I got to do this big thing.’ It just never works. It just doesn’t work. You’ve just got to let go. If it happens, it happens. If it doesn’t, it doesn’t. Whatever you do is ok, just be truthful, honest, real, and that’s all you can ask for.”**

-Robert De Niro



**“Acting is really  
about having  
the courage to  
fail in front of  
people.”**

-Adam Driver

**“Acting is not  
about being  
famous. It’s  
about exploring  
the human  
soul.”**

-Annette  
Bening

**“Our doubts are  
traitors, and  
make us lose  
the good we oft  
might win, by  
fearing to  
attempt.”**

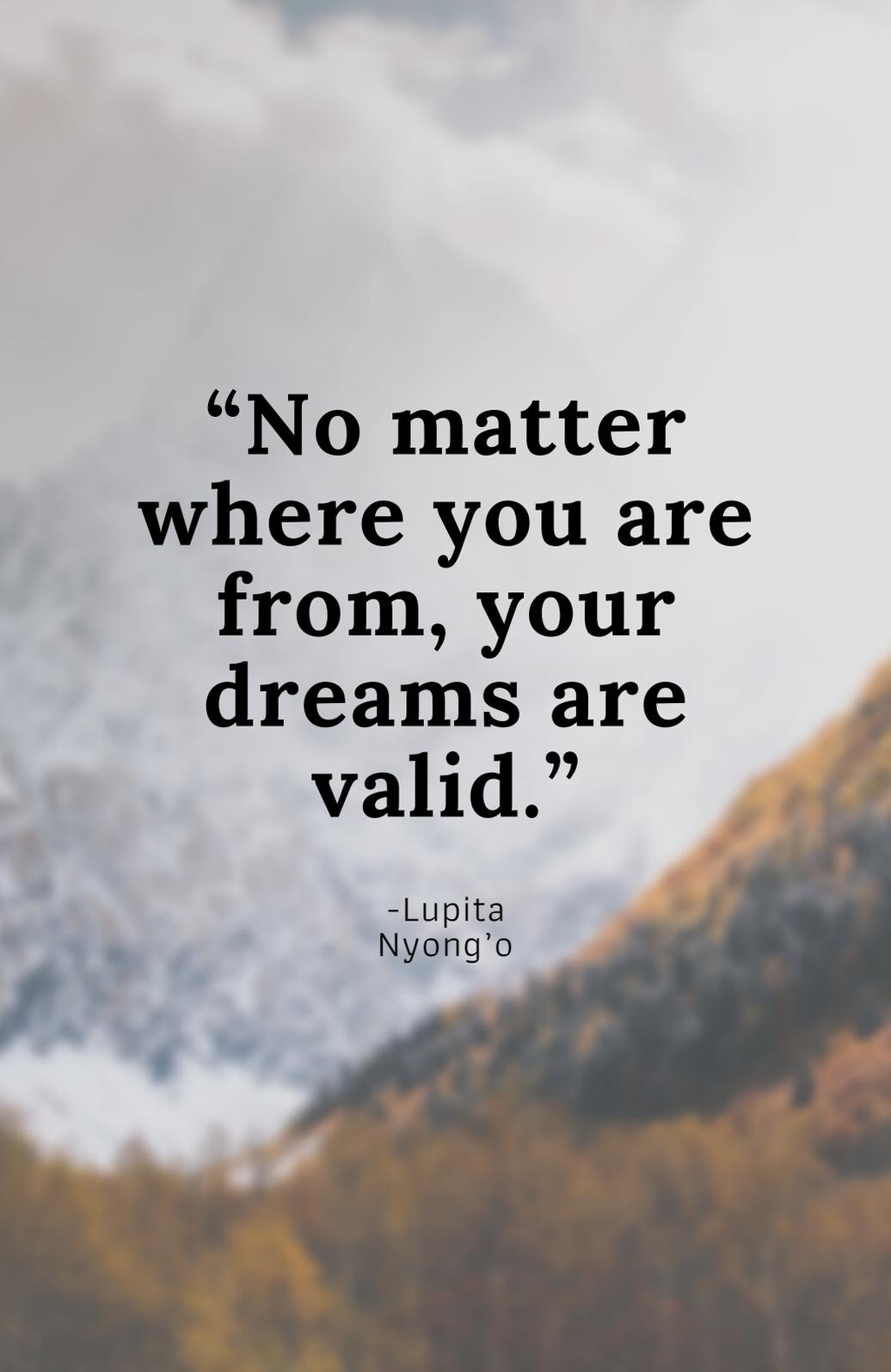
-William  
Shakespeare

**“Never stop fighting. Never stop dreaming. don't be afraid of wearing your heart on your sleeve – in declaring the films that you love, the films that you want to make, the life that you've had, and the lives you can help reflect in cinema. for a long time... maybe I felt inauthentic or something, like my voice wasn't worth hearing... So if you've got something to say, say it from the rooftops.”**

-Tom Hiddleston

**“Acting is a form of self-expression, it’s not becoming someone else, and it’s not playing make believe; it’s about using the fiction of being someone else to express something about yourself.”**

-Maggie Gyllenhaal



**“No matter  
where you are  
from, your  
dreams are  
valid.”**

-Lupita  
Nyong'o

**“Flip it. Hit the stage and go; “Keep up”. But you’ve got to do the work. You can’t do that without preparing the work. The great ones work that hard all the way to the end.”**

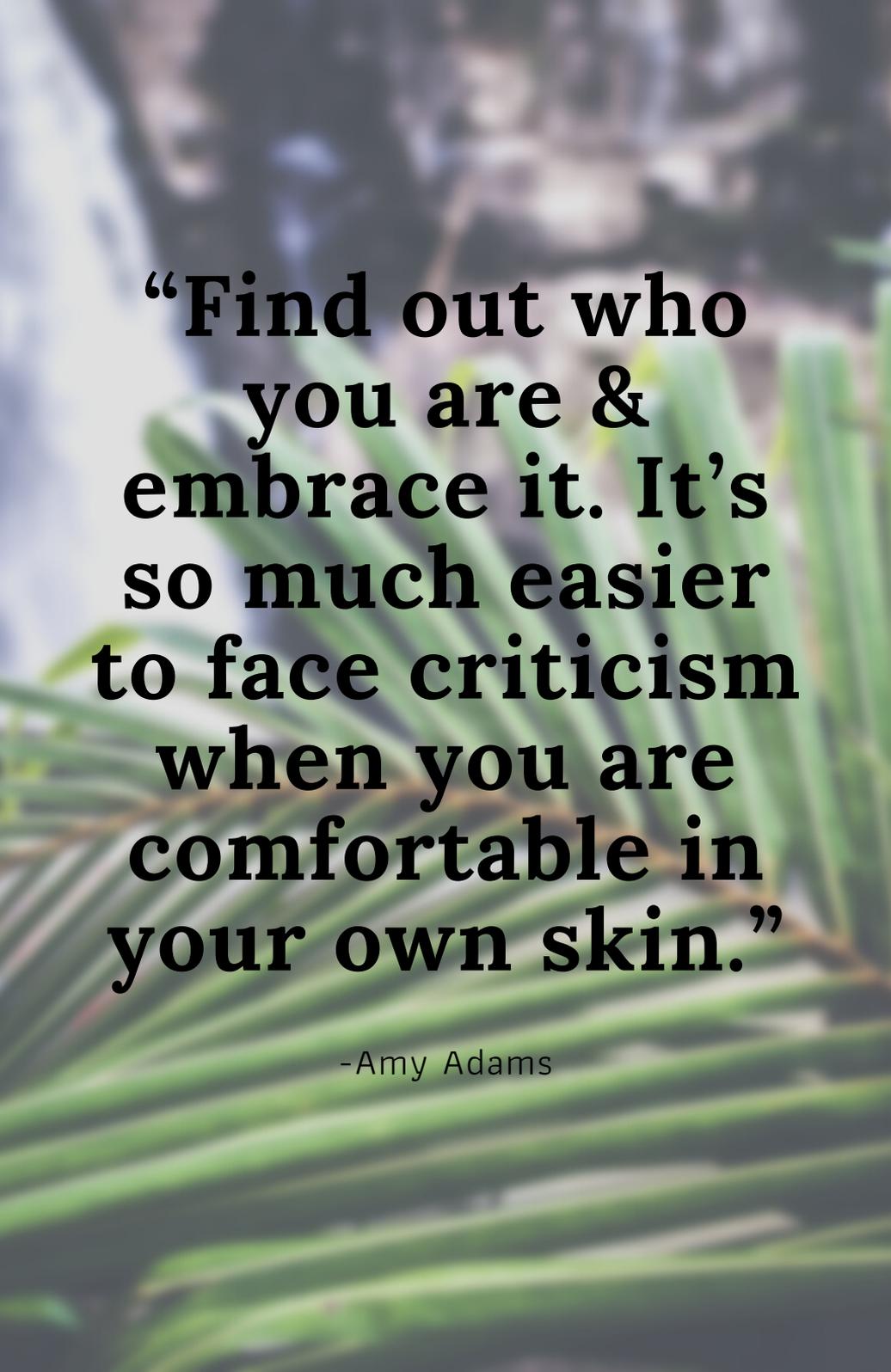
-Jeff Daniels

**“One day, the  
people that  
didn’t believe in  
you will tell  
everyone how  
they met you.”**

-Johnny  
Depp

**“Actors should not feel scared, about the fact that they’re scared. I think it’s a good sign.”**

-Naomie  
Harris

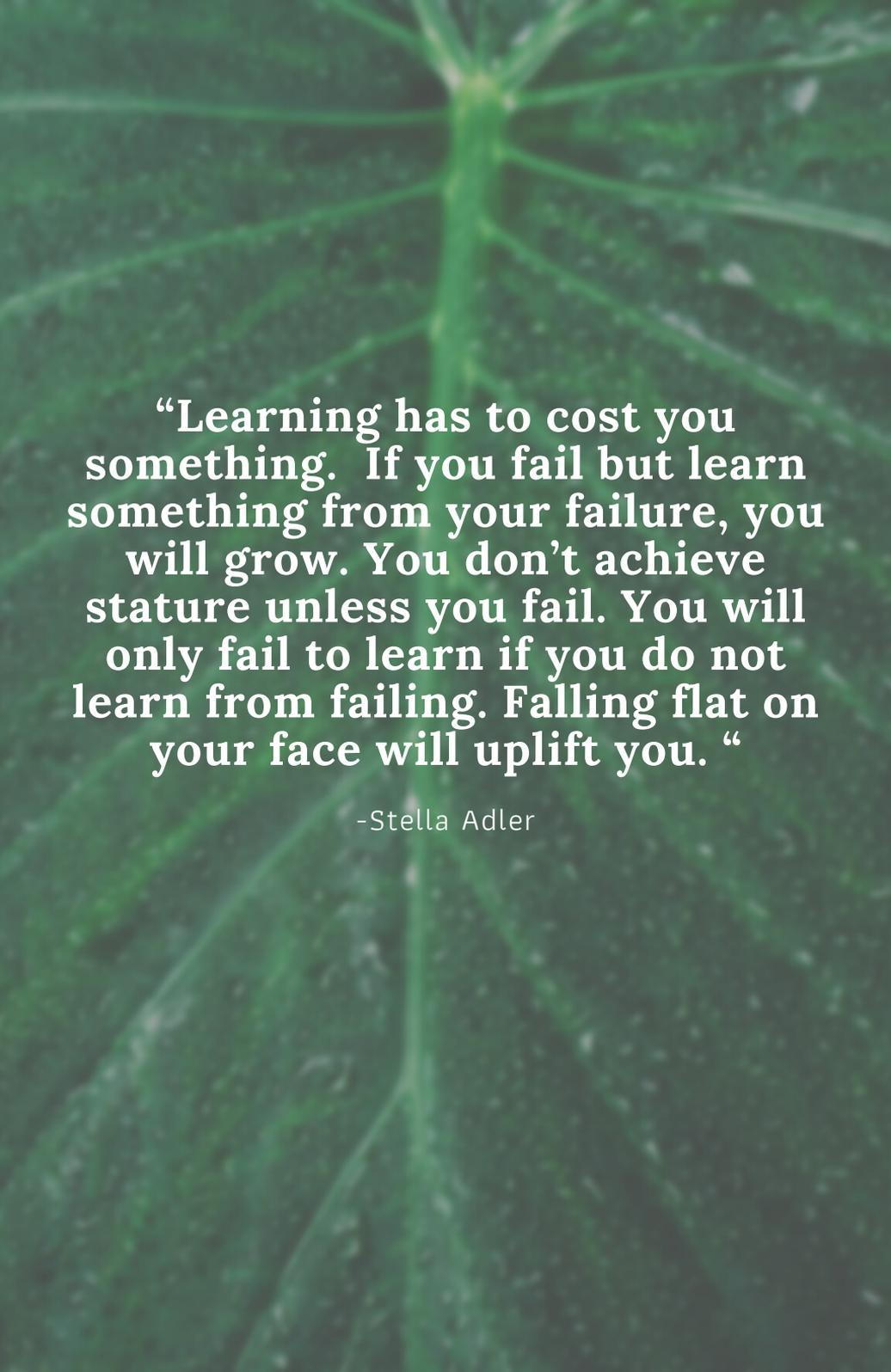
The background of the image is a soft-focus photograph. In the foreground, there are several long, green, pointed leaves, possibly from a plant like a succulent or a similar species, which are slightly out of focus. In the background, a person's face is visible, but it is very blurred, showing only general shapes and colors like skin tones and dark hair. The overall lighting is natural and soft, creating a calm and contemplative atmosphere.

**“Find out who  
you are &  
embrace it. It’s  
so much easier  
to face criticism  
when you are  
comfortable in  
your own skin.”**

-Amy Adams

**“The  
gratification  
comes in the  
doing, not in  
the results.”**

-James Dean



**“Learning has to cost you something. If you fail but learn something from your failure, you will grow. You don’t achieve stature unless you fail. You will only fail to learn if you do not learn from failing. Falling flat on your face will uplift you. “**

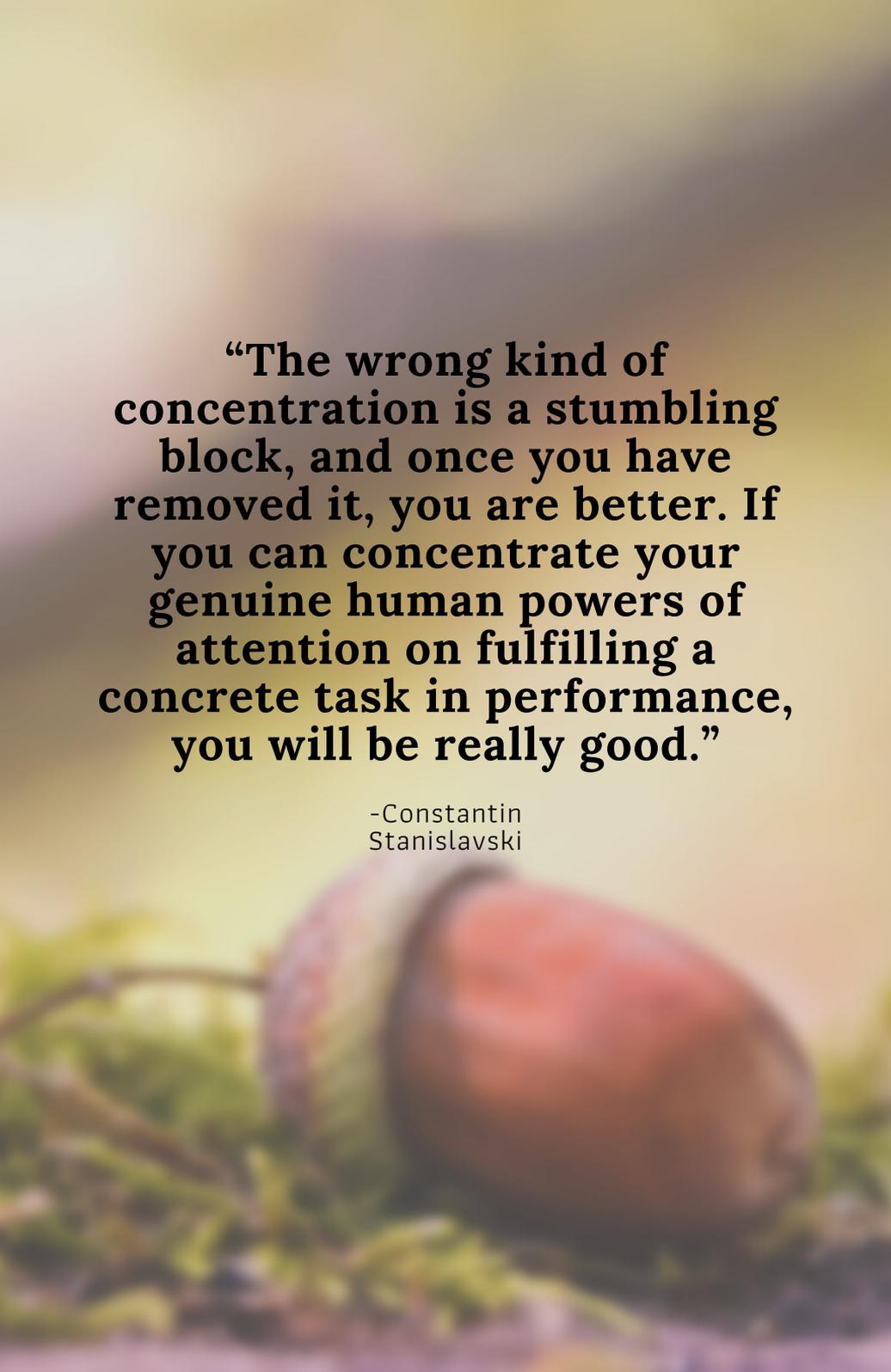
-Stella Adler

**Having to play  
safe stunts the  
growth of any  
artist.”**

-Uta Hagen

**“Every time an actor changes from something he is used to to something he is not used to is fraught with danger. Even if the new thing is not well done, it may lead to a much more successful doing than anything done before.”**

-Lee Strasberg

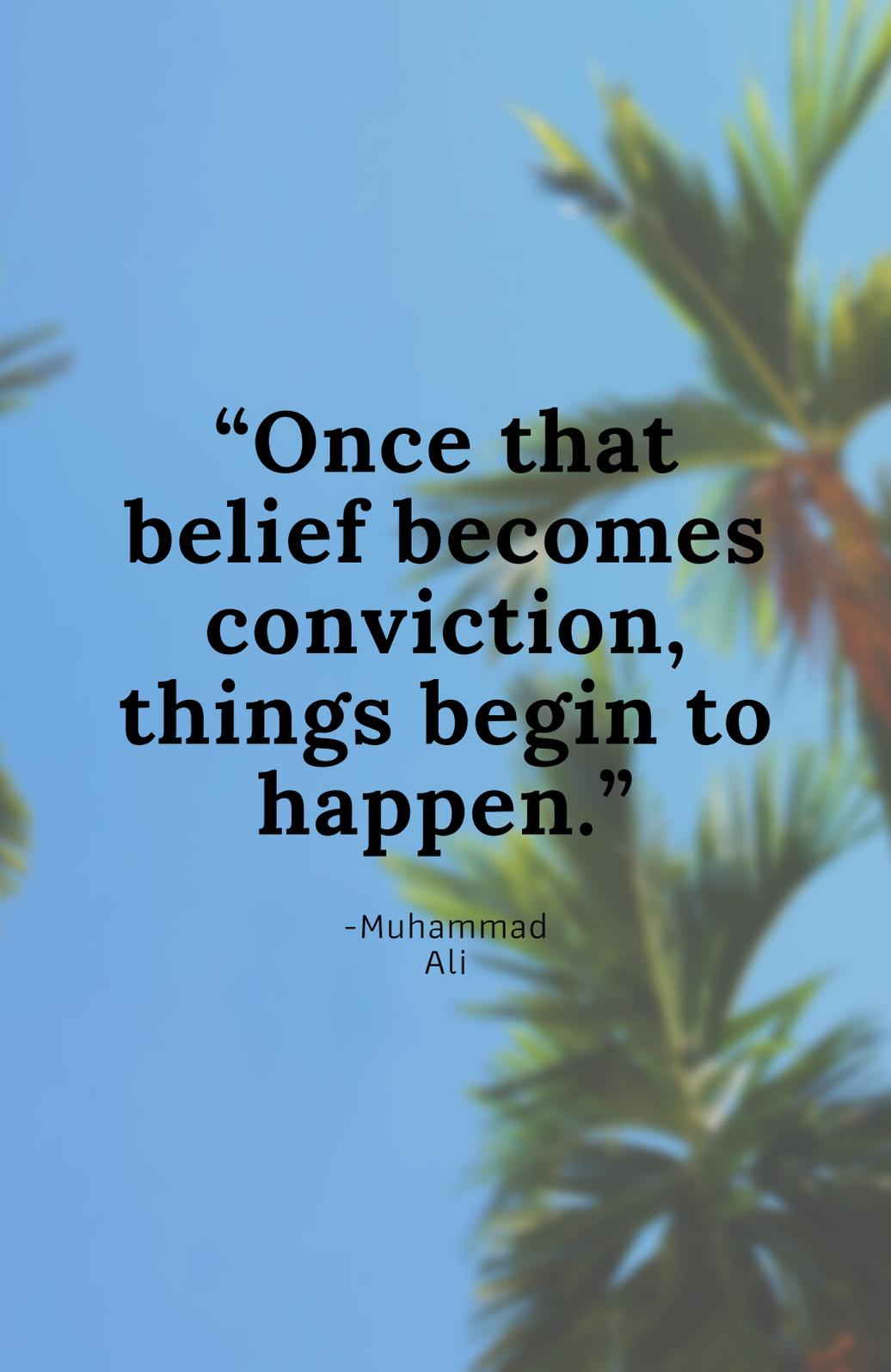


**“The wrong kind of concentration is a stumbling block, and once you have removed it, you are better. If you can concentrate your genuine human powers of attention on fulfilling a concrete task in performance, you will be really good.”**

-Constantin  
Stanislavski

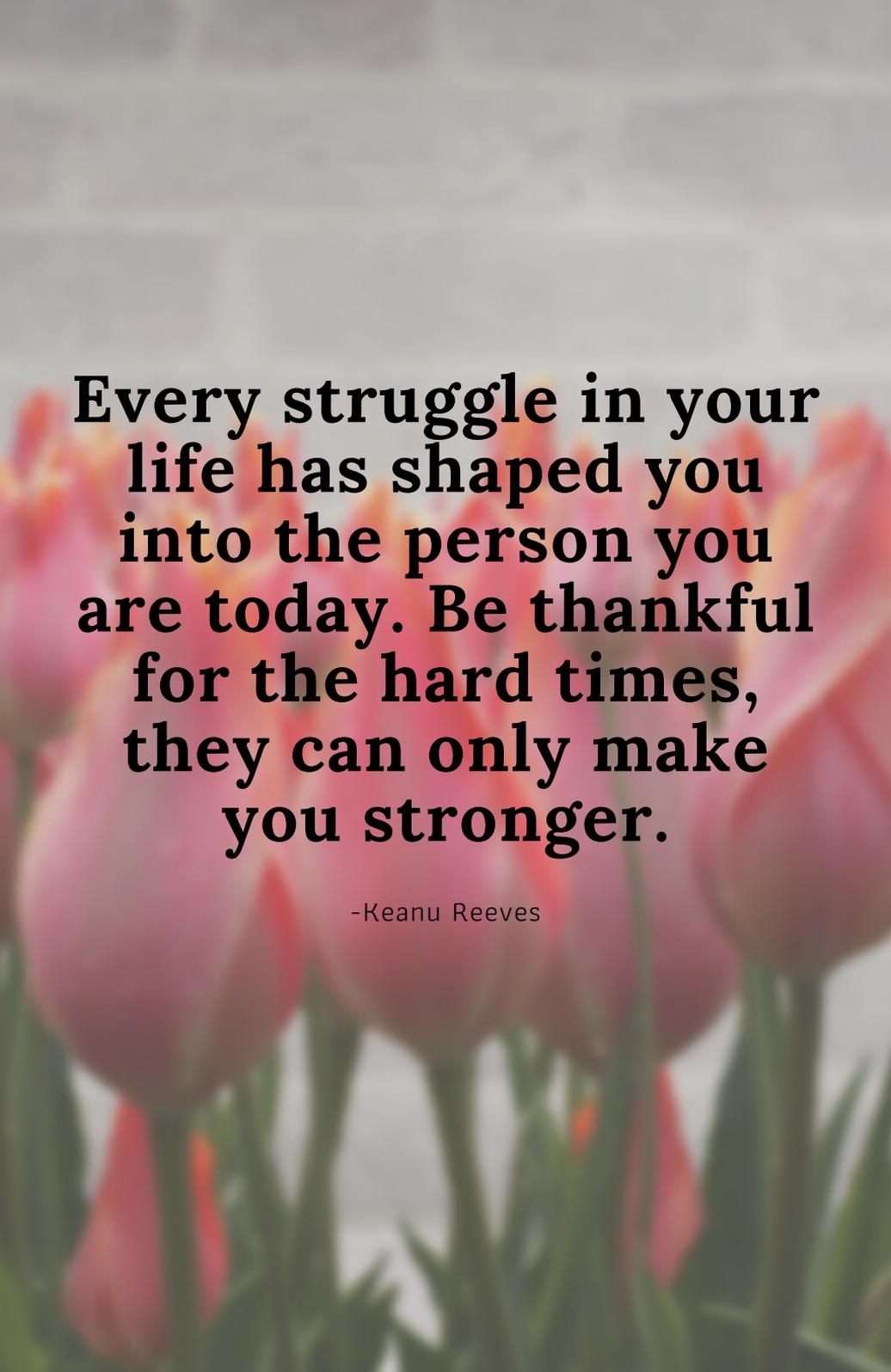
**“As long as you’re acting  
with the thought that  
you must be deemed  
good or great or  
brilliant, you will never  
reach your potential.  
You must do it for the  
right reason.”**

-Sandra Seacat



**“Once that  
belief becomes  
conviction,  
things begin to  
happen.”**

-Muhammad  
Ali

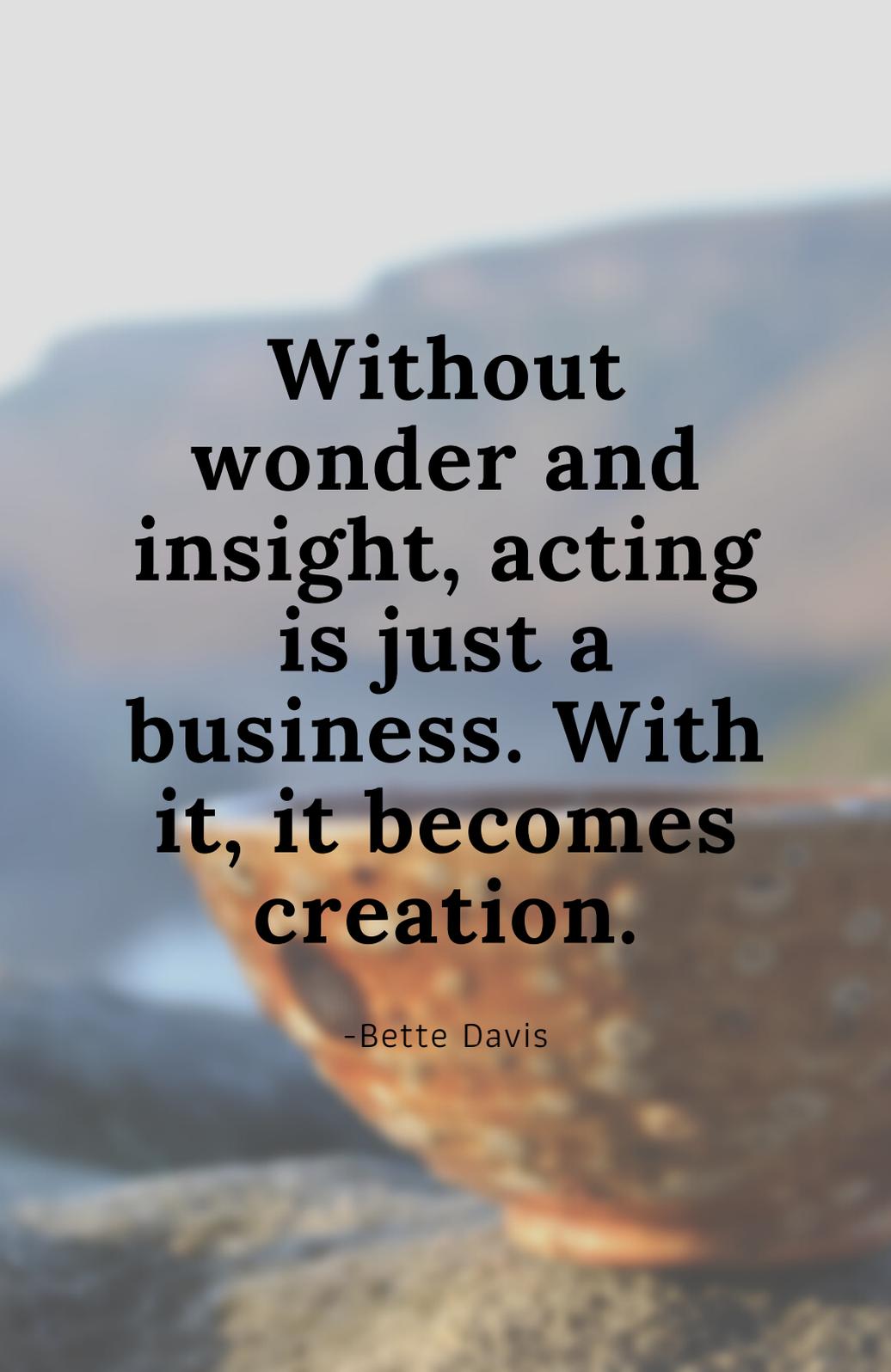


**Every struggle in your  
life has shaped you  
into the person you  
are today. Be thankful  
for the hard times,  
they can only make  
you stronger.**

-Keanu Reeves

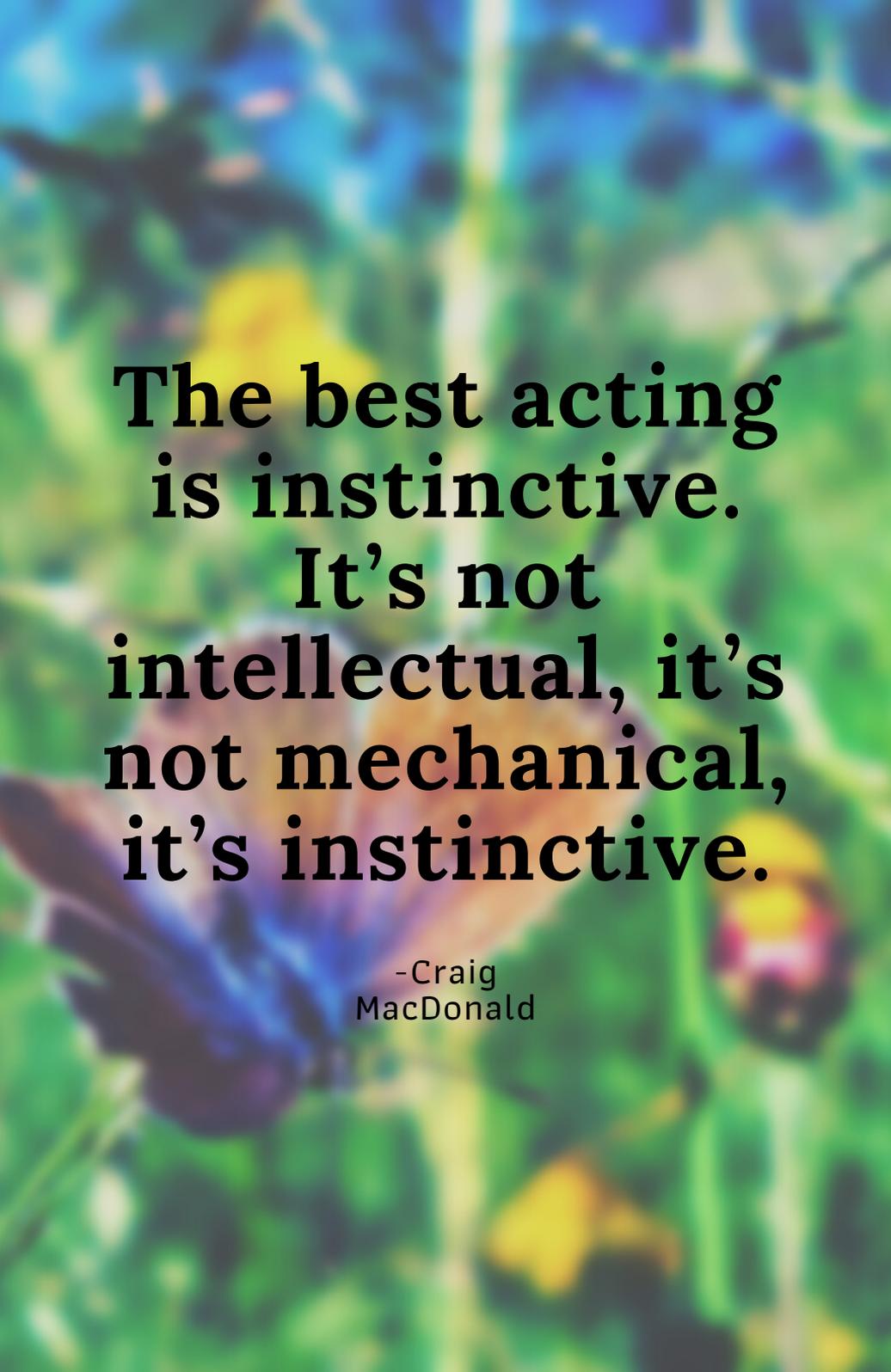
**Remember that  
just because  
you hit bottom  
doesn't mean  
you have to stay  
there.**

-Robert  
Downey Jr.



**Without  
wonder and  
insight, acting  
is just a  
business. With  
it, it becomes  
creation.**

-Bette Davis



**The best acting  
is instinctive.  
It's not  
intellectual, it's  
not mechanical,  
it's instinctive.**

-Craig  
MacDonald

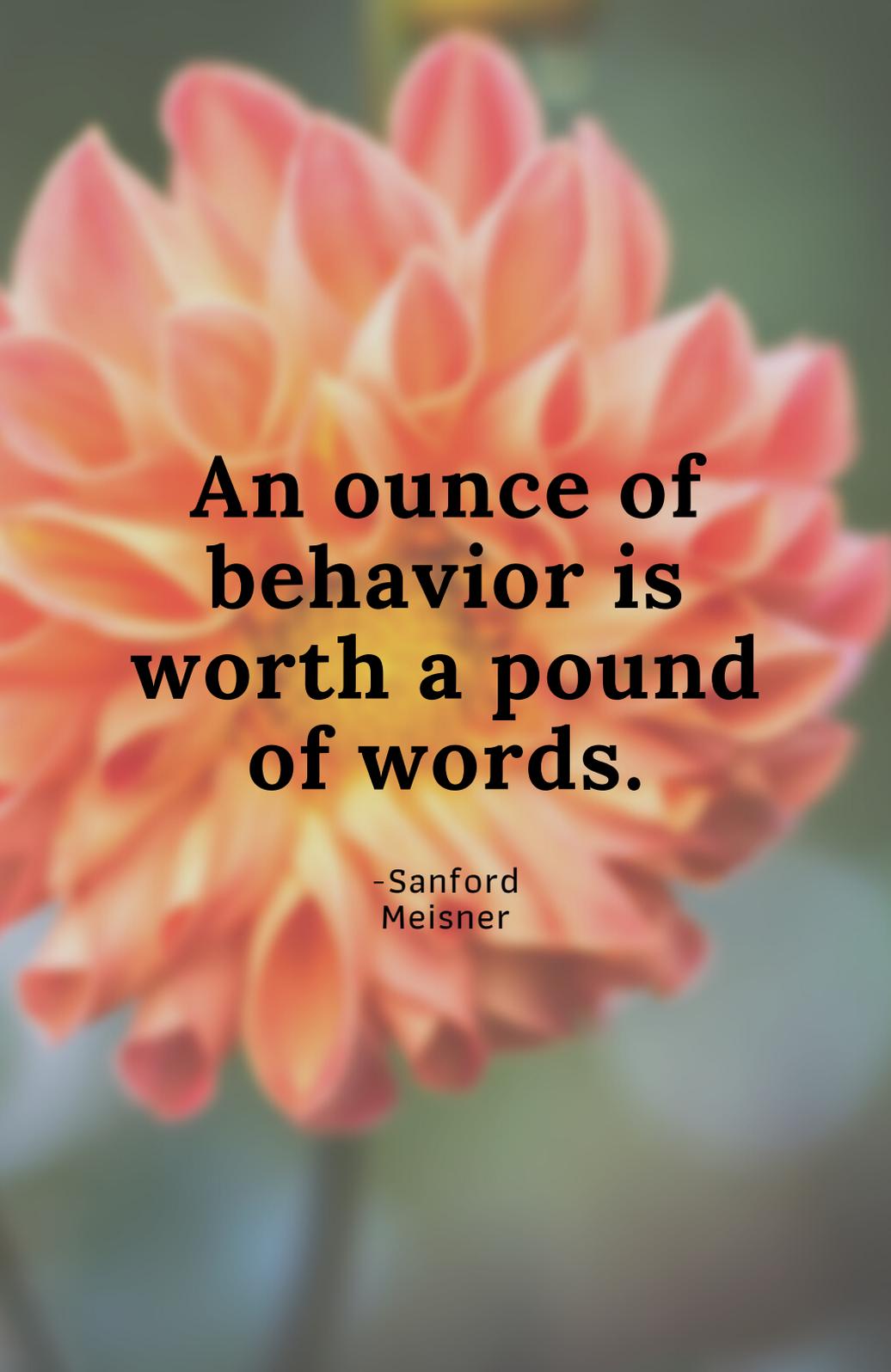
**Good acting – real acting is impossible to spot. Do you ever catch talents like Robert Duvall or Kathy Bates acting? No. I defy you to show me where.**

-William Esper

A photograph of a white ceramic vase filled with purple flowers and green leaves, placed on a light-colored wooden surface. The background is a soft, out-of-focus orange-brown color. The text is overlaid on the image.

**Stop explaining  
yourself. Shut  
up and act!**

-Craig  
MacDonald



**An ounce of  
behavior is  
worth a pound  
of words.**

-Sanford  
Meisner

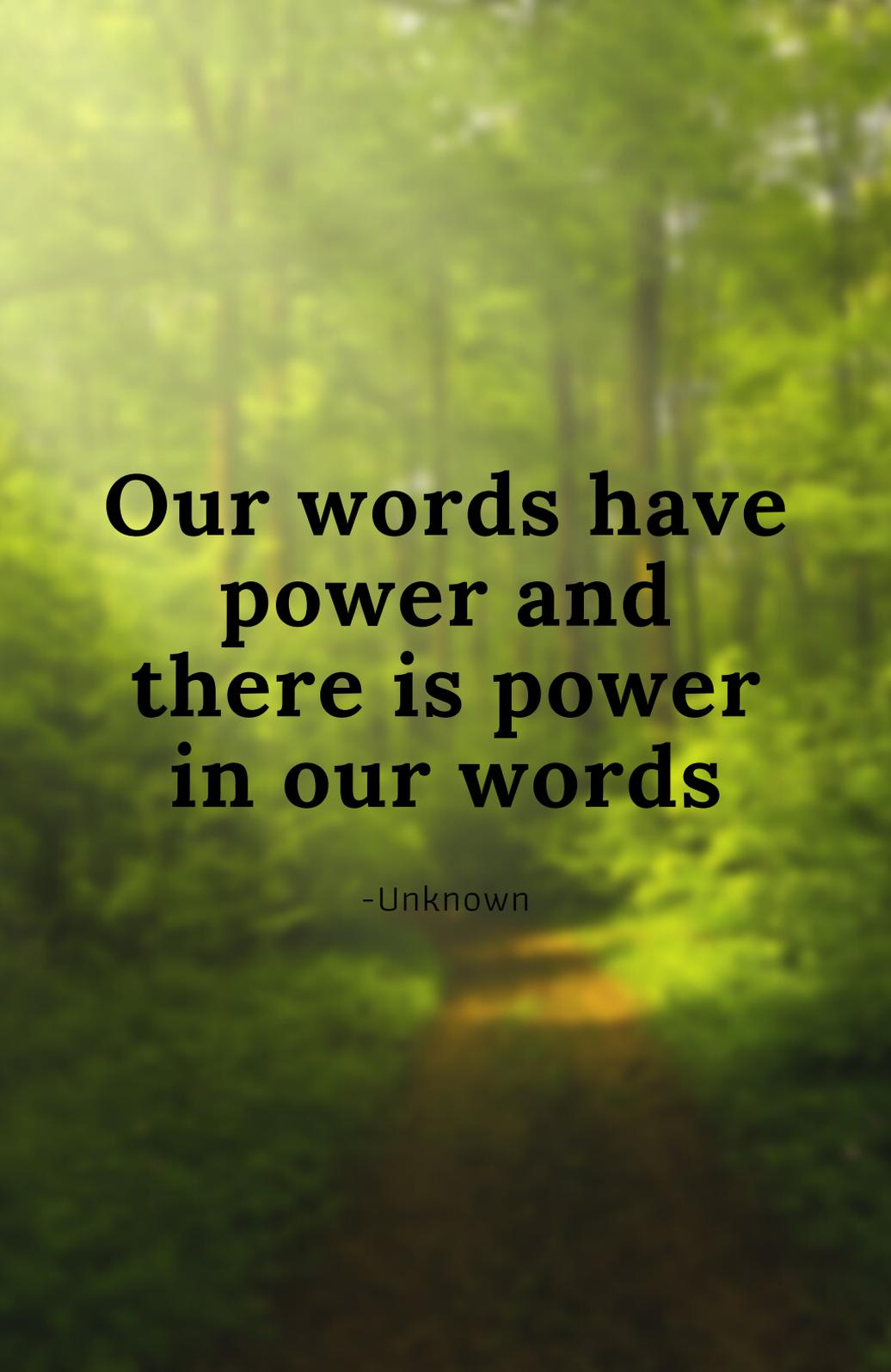
**Conflict is what  
creates drama.**

**The more  
conflict actors  
find, the more  
interesting the  
performance.**

-Michael  
Shurtleff

**Discipline is mandatory  
if we want to control  
our own success,  
because most of the  
time success requires  
activities that we  
wouldn't usually want  
to do**

-Rory Vaden



**Our words have  
power and  
there is power  
in our words**

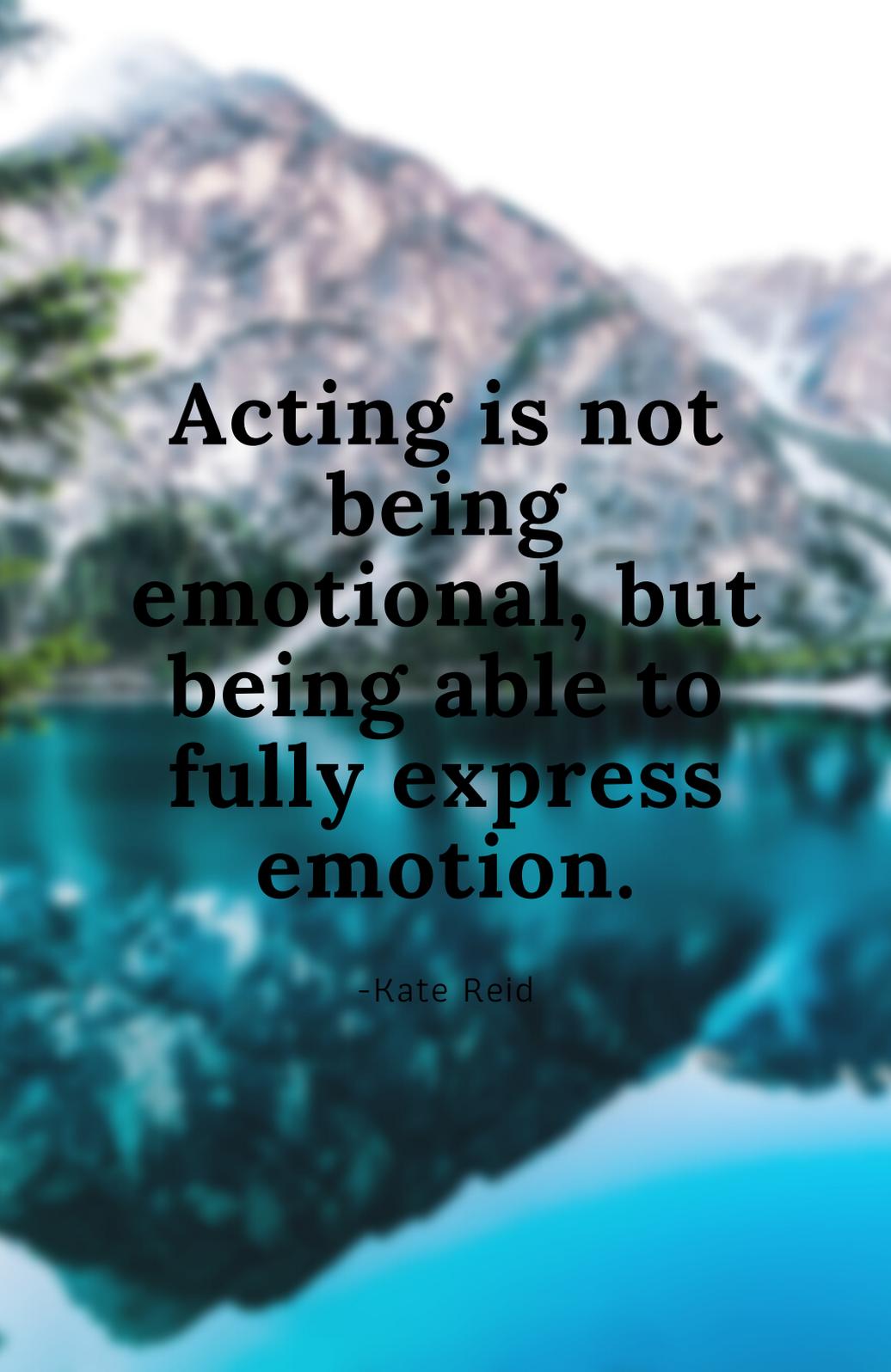
-Unknown

**Acting is a sport. On stage you must be ready to move like a tennis player on his toes. Your concentration must be keen, your reflexes sharp; your body and mind are in top gear, the chase is on. Acting is energy.**

-Clive Swift

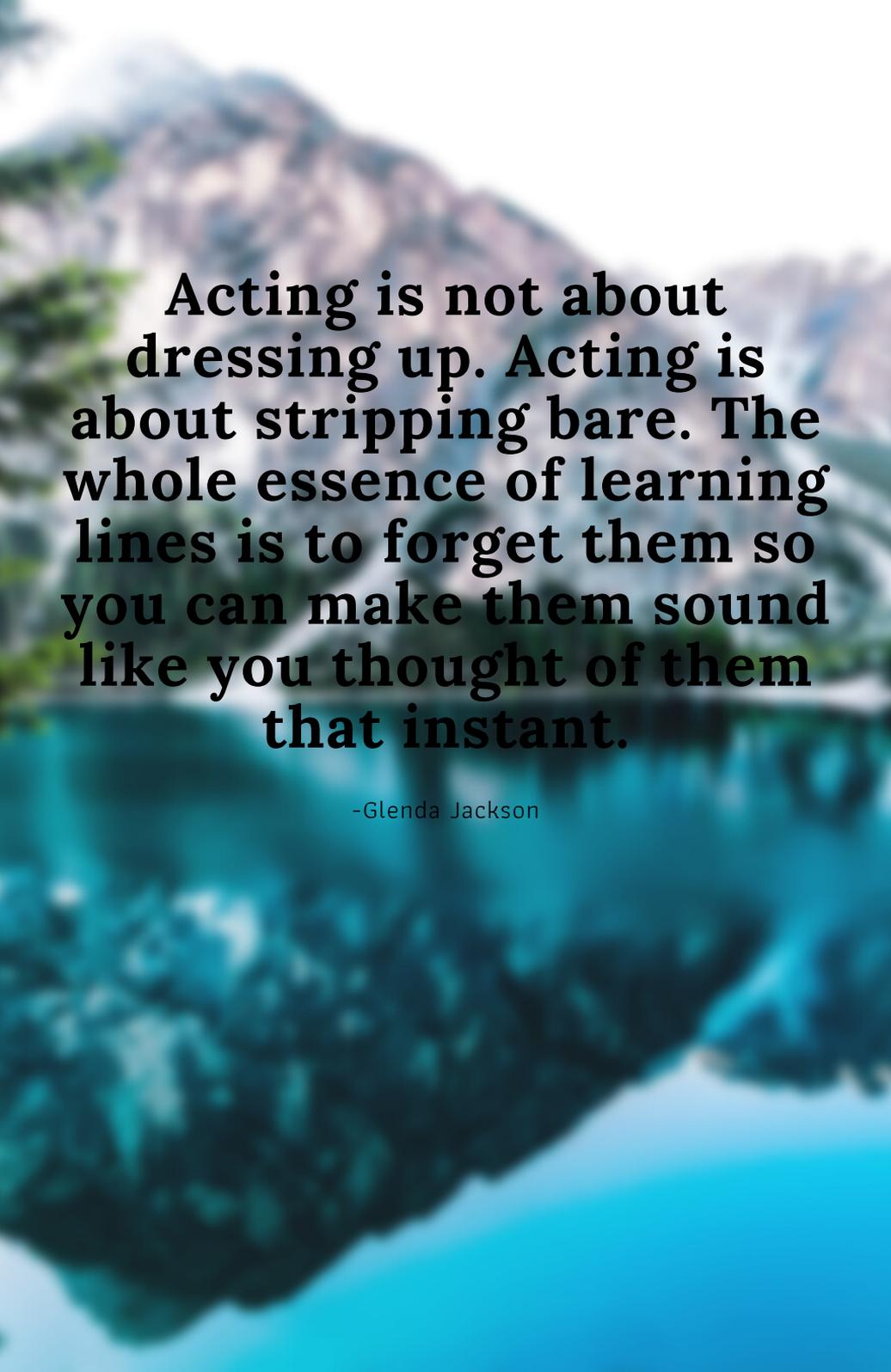
**Acting deals with  
very delicate  
emotions. It is not  
putting up a mask.  
Each time an actor  
acts he does not  
hide; he exposes  
himself.**

-Rodney  
Dangerfield



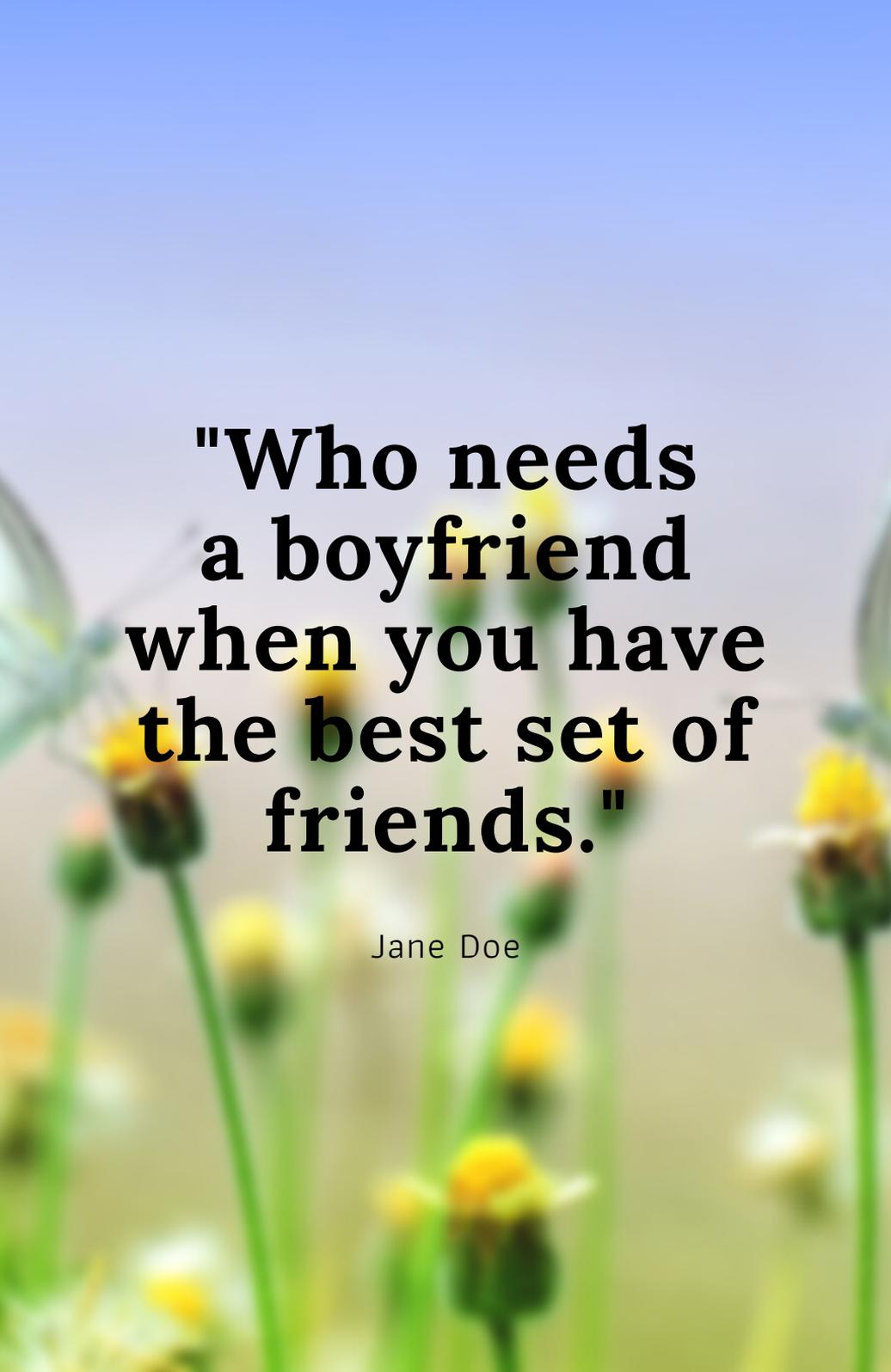
**Acting is not  
being  
emotional, but  
being able to  
fully express  
emotion.**

-Kate Reid



**Acting is not about  
dressing up. Acting is  
about stripping bare. The  
whole essence of learning  
lines is to forget them so  
you can make them sound  
like you thought of them  
that instant.**

-Glenda Jackson

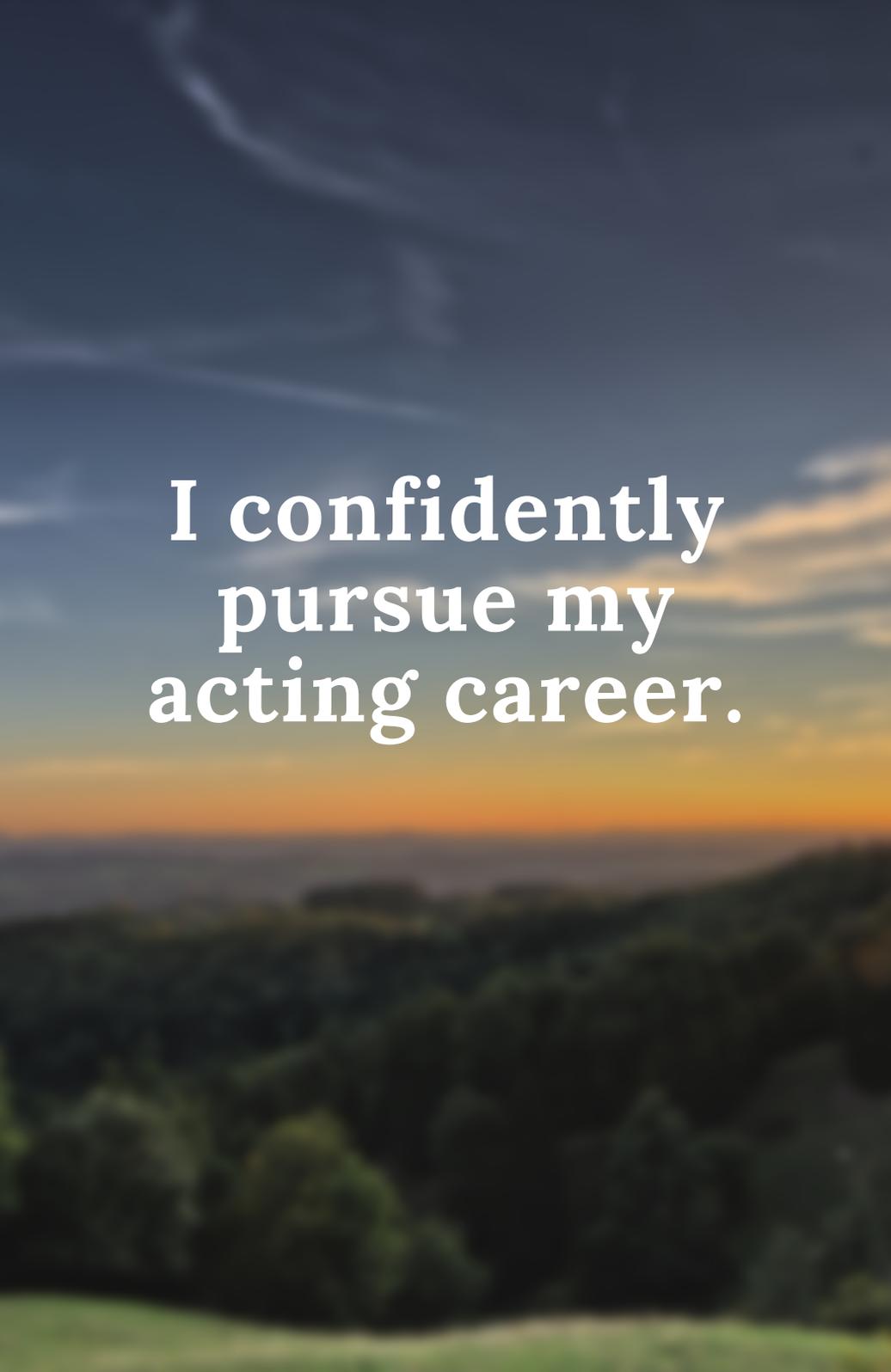


**"Who needs  
a boyfriend  
when you have  
the best set of  
friends."**

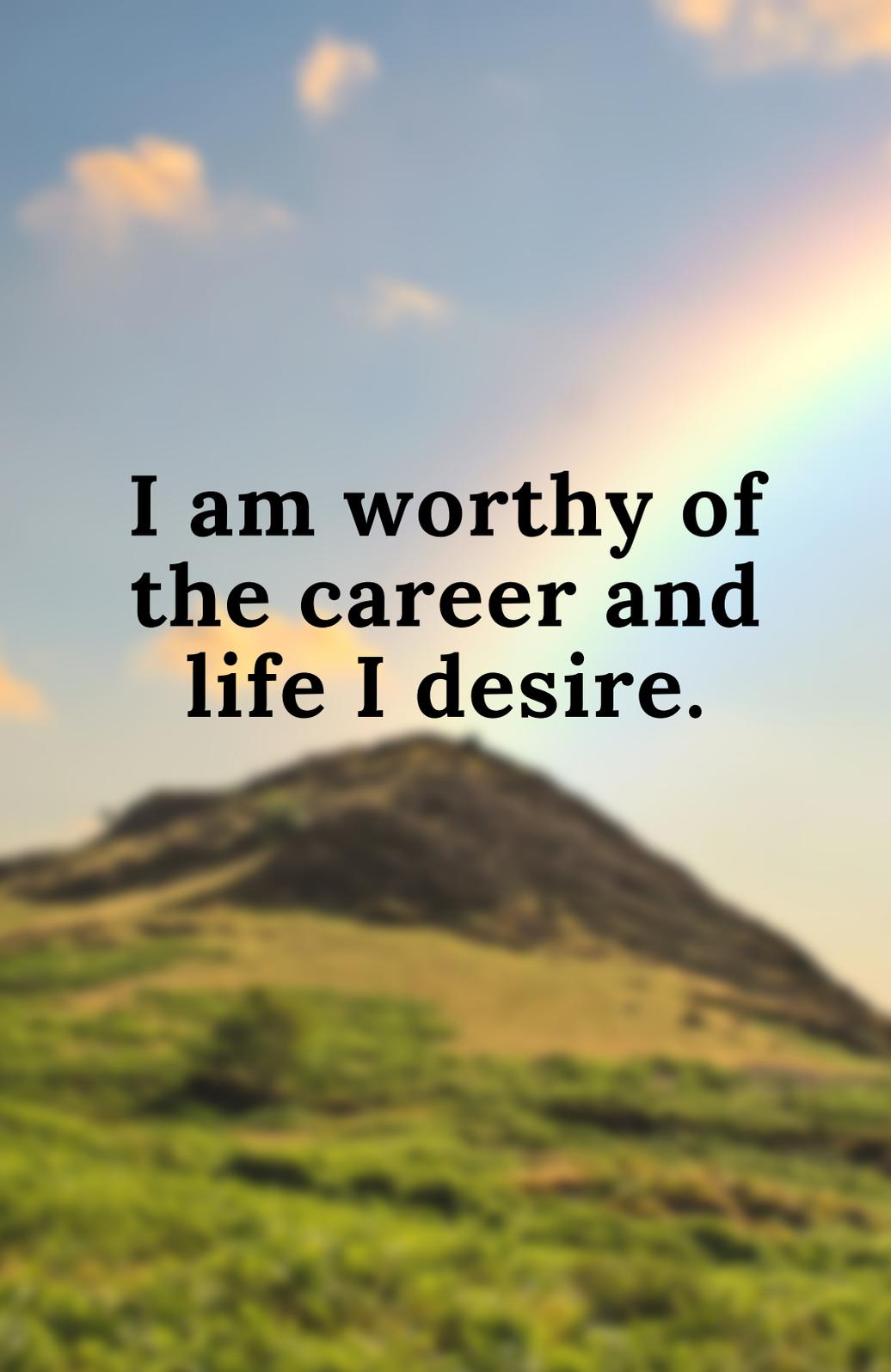
Jane Doe

# Affirmations for the Actor

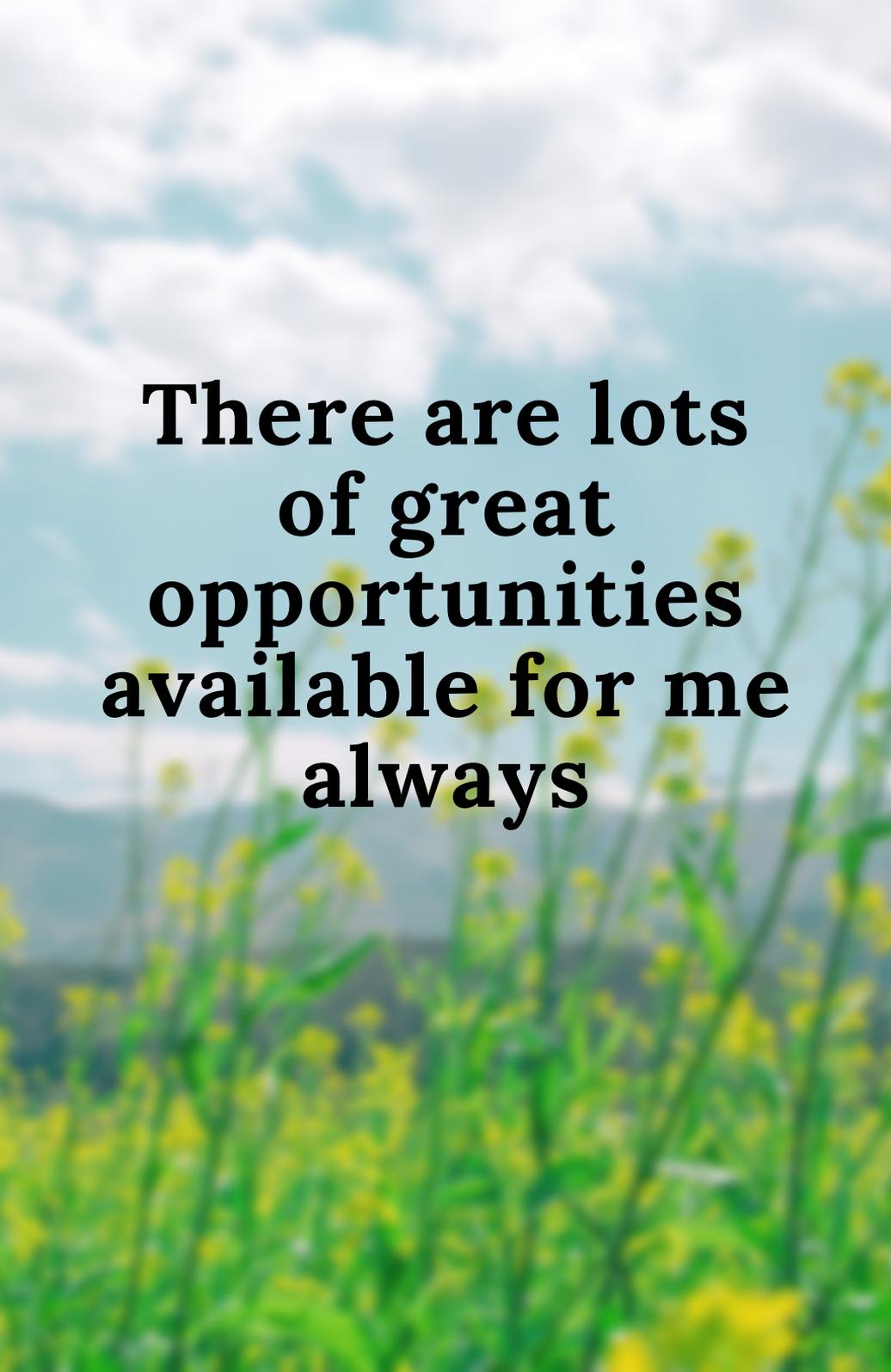


A scenic landscape at sunset or sunrise. The sky is a mix of dark blue and orange, with a few wispy clouds. Below the horizon, there is a dense forest of green trees, and in the foreground, a grassy field is visible. The text is centered in the upper half of the image.

**I confidently  
pursue my  
acting career.**

A scenic landscape featuring a mountain peak in the background and a vibrant rainbow in the sky. The foreground is filled with lush green vegetation. The text is centered in the upper half of the image.

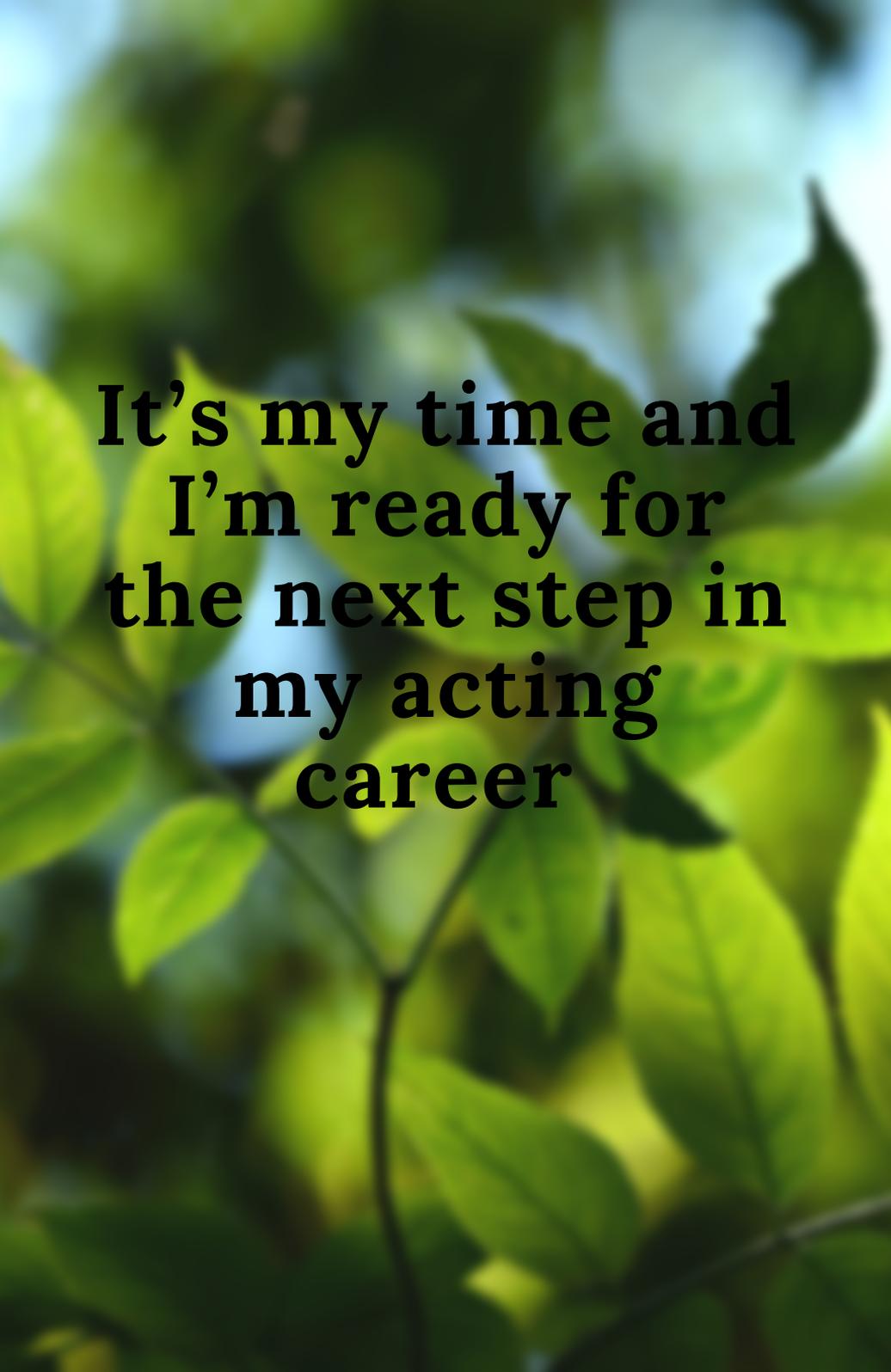
**I am worthy of  
the career and  
life I desire.**



**There are lots  
of great  
opportunities  
available for me  
always**



**New doors are  
opening every  
day**



**It's my time and  
I'm ready for  
the next step in  
my acting  
career**



**New auditions  
are available  
every day**

**Every audition  
is an  
opportunity for  
success**



**My light doesn't  
dim just  
because  
someone else  
shines bright**

**My fellow  
actors are also  
artists and  
creatives. We  
are all on this  
journey  
together**



**I'm always  
supportive to  
fellow actors  
and they are  
always  
supportive to  
me.**



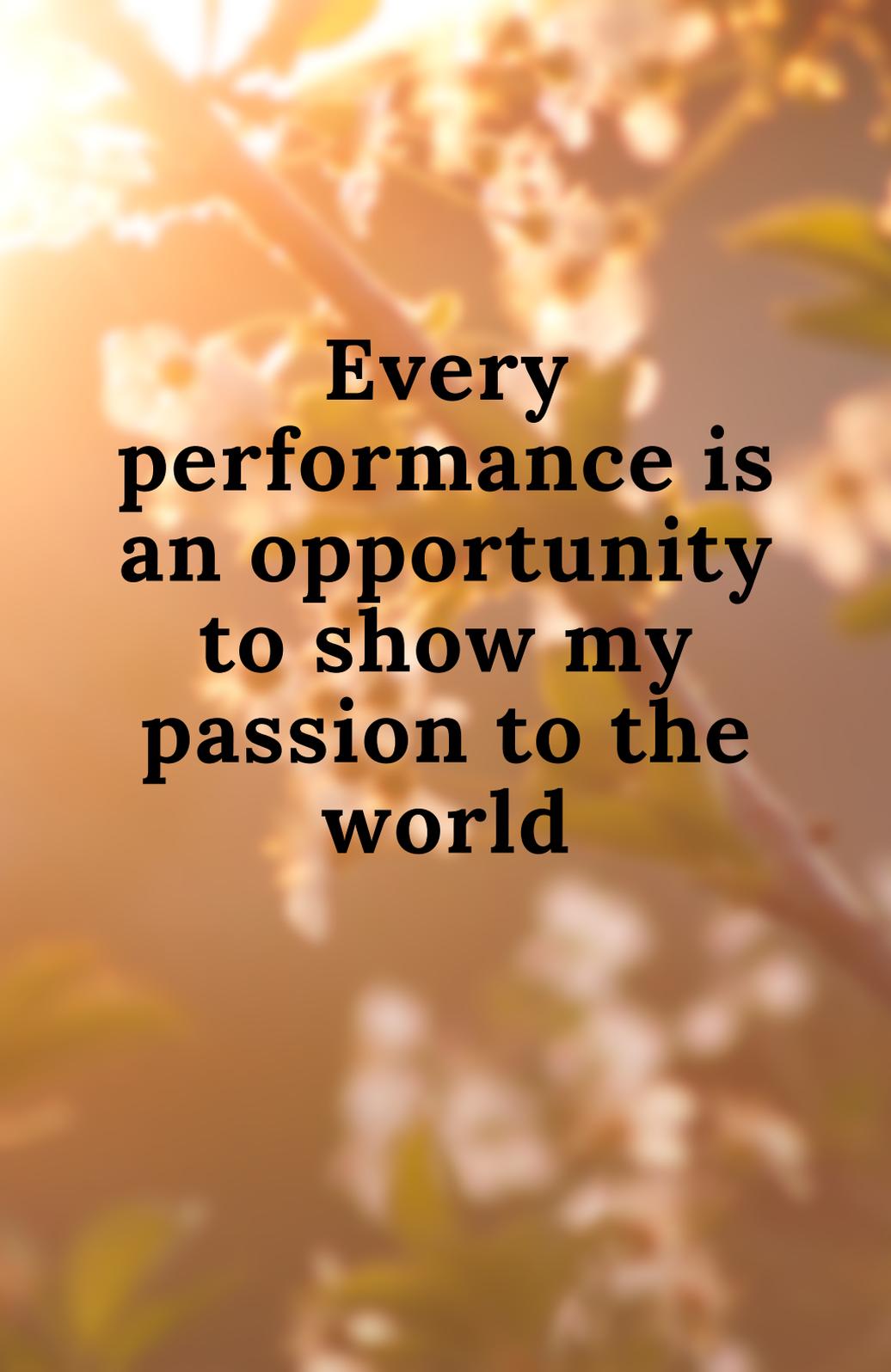
**Every job I book  
is a  
confirmation of  
my career  
moving forward  
and my dreams  
coming true.**

A scenic landscape featuring a range of mountains under a dramatic, cloudy sky. The foreground shows lush green hills and a winding path, while the background consists of misty, layered mountain peaks. The sky is filled with soft, white clouds, and a bright light source, likely the sun, is visible near the horizon, creating a warm glow.

**Great roles are  
finding me**



**I attract roles  
that take my  
career to the  
next level**



**Every  
performance is  
an opportunity  
to show my  
passion to the  
world**



**Each audition  
helps me to  
hone my skills**

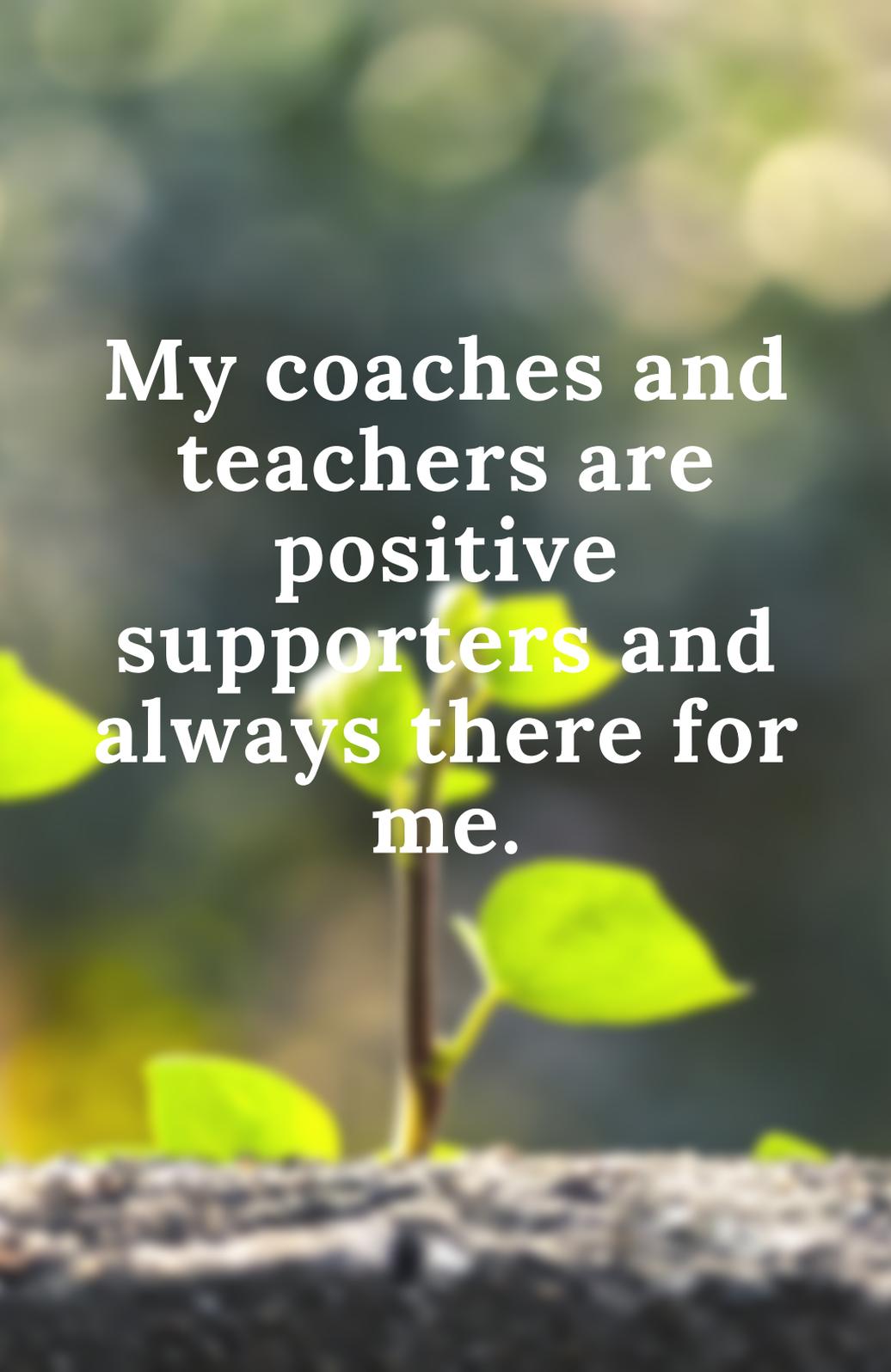


**One bad  
audition doesn't  
make me a bad  
actor.**

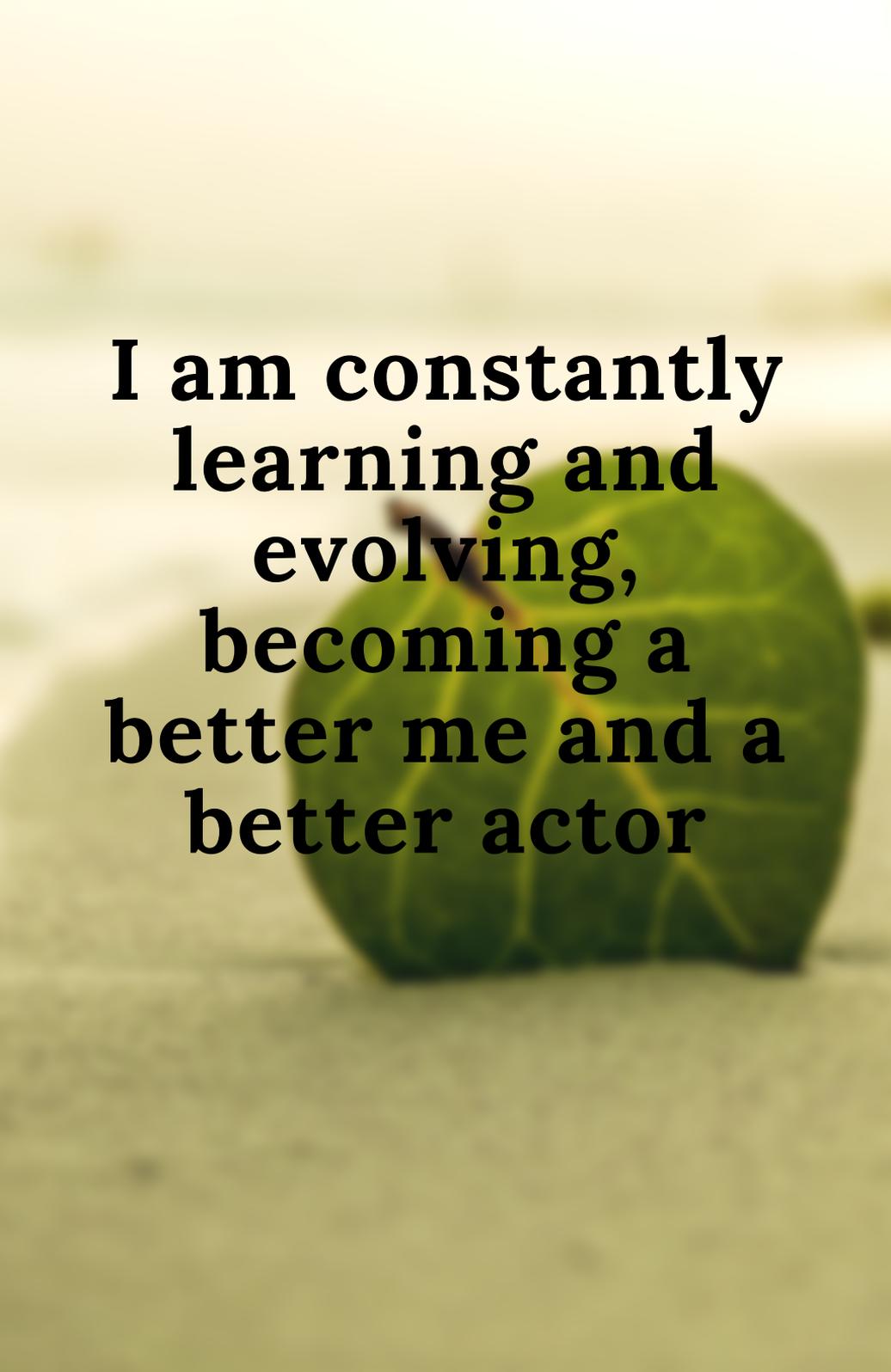
**My best  
audition comes  
just in time for  
that perfect  
role**

A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding environment. The background shows a range of mountains under a clear blue sky with a few wispy clouds. The foreground and middle ground are filled with vibrant autumn foliage in shades of yellow, orange, and green. The overall scene is peaceful and picturesque.

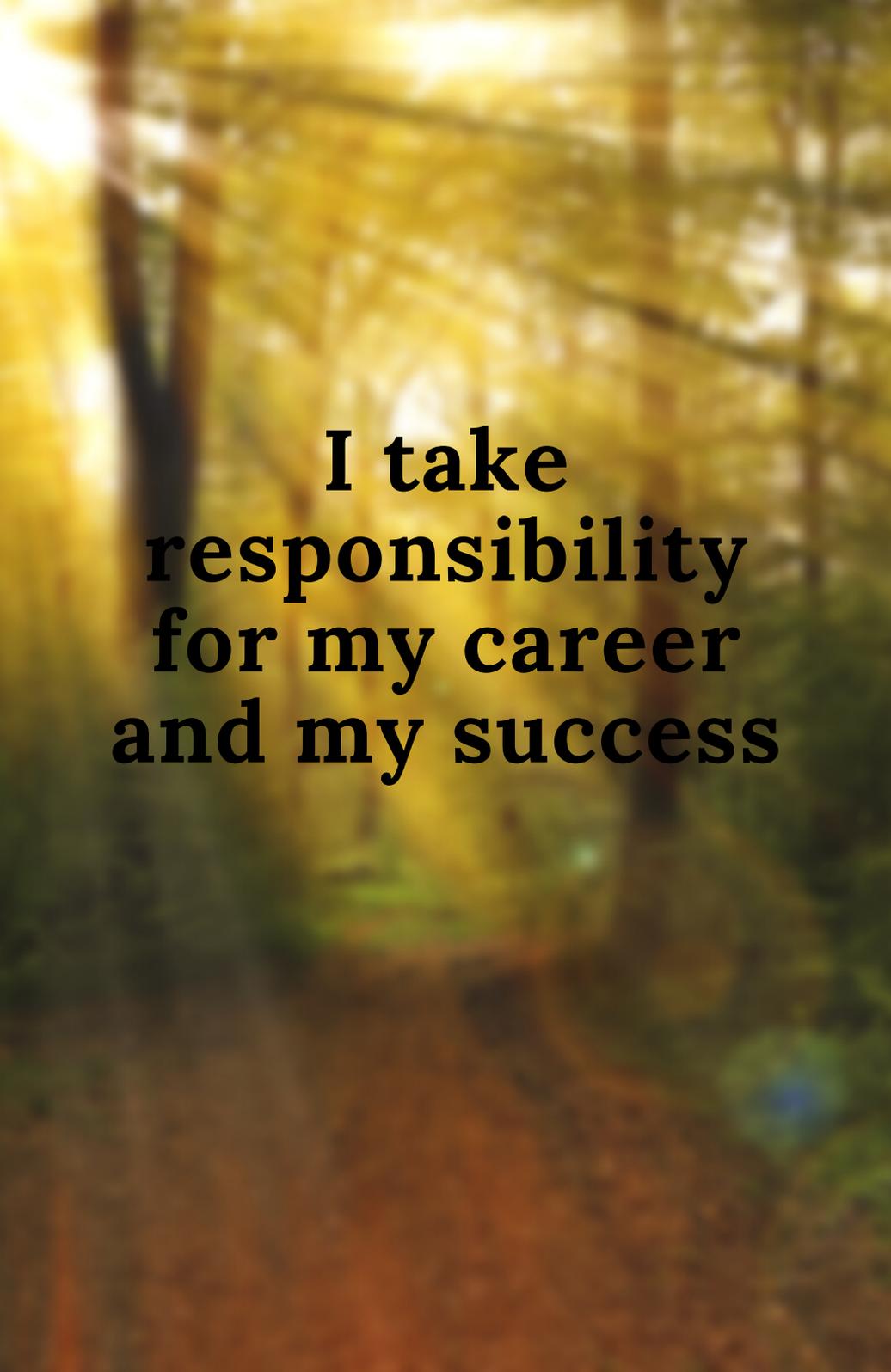
**I know what to  
do to achieve  
success and get  
help when I  
need it.**



**My coaches and  
teachers are  
positive  
supporters and  
always there for  
me.**

A close-up photograph of a vibrant green leaf with prominent veins. A small, dark insect is perched on the leaf's surface. The background is a soft, out-of-focus light green, creating a natural and serene atmosphere.

**I am constantly  
learning and  
evolving,  
becoming a  
better me and a  
better actor**



**I take  
responsibility  
for my career  
and my success**



**I have the  
power to build  
an amazing  
career**



**I take pride in  
creating my  
own  
opportunities**



**I seek new work  
opportunities  
daily**



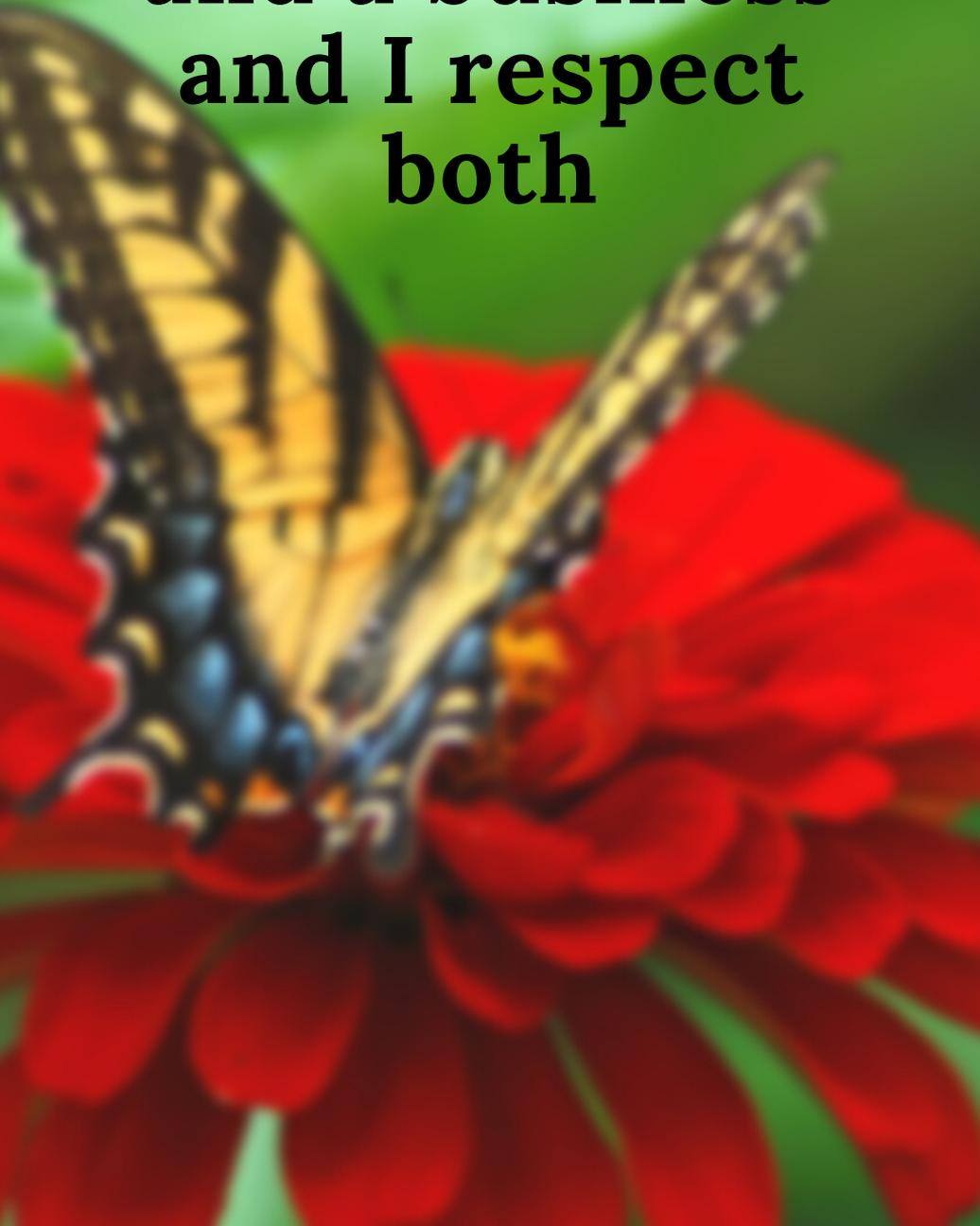
**I continually  
stretch outside  
my comfort  
zone**

**I know that  
setbacks are  
temporary and I  
take time to  
heal when  
needed**



**My agents and  
managers are  
teammates and  
I only work  
with those who  
share my vision**

**Acting is a craft  
and a business  
and I respect  
both**



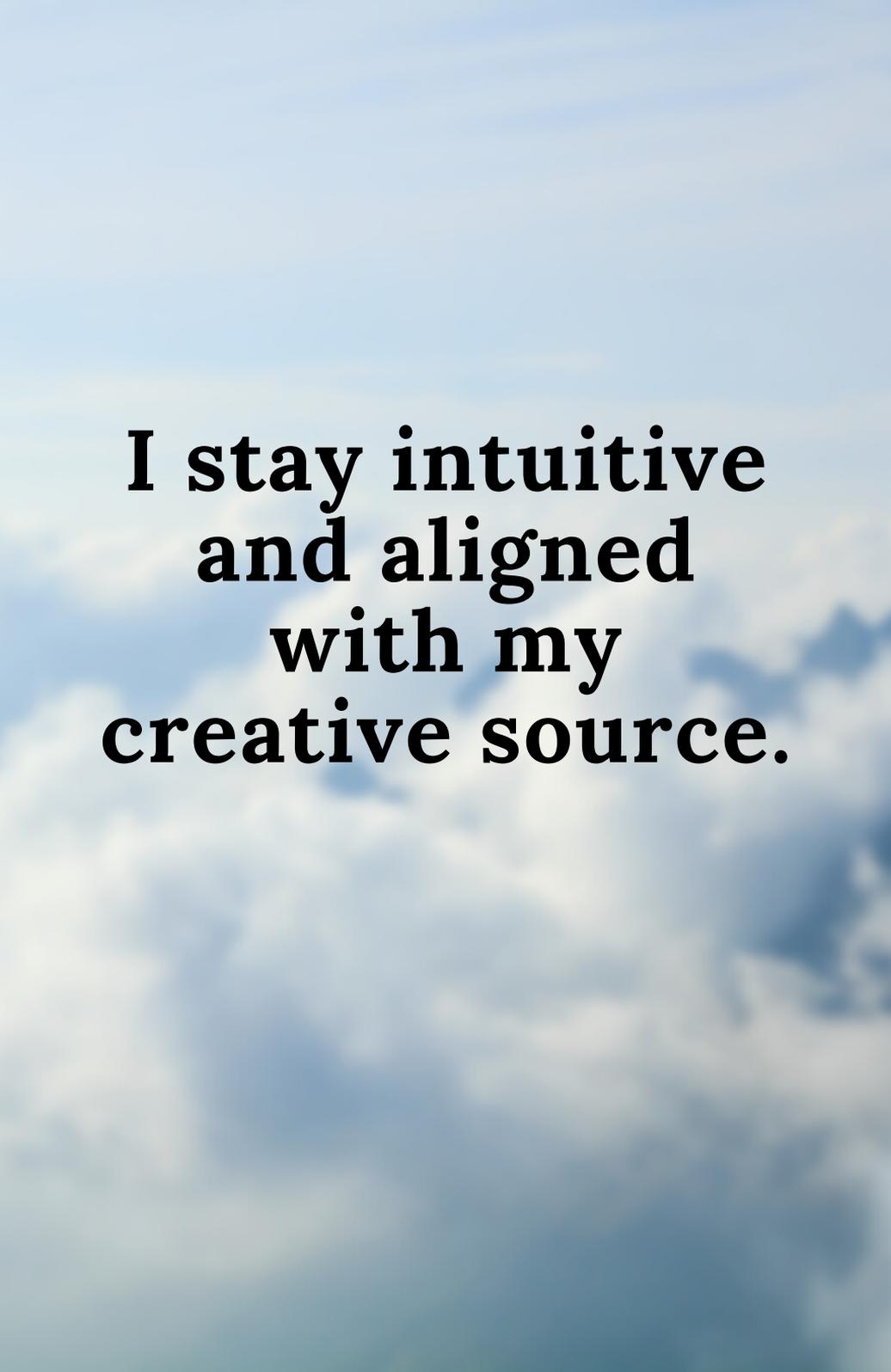
The background of the image is a soft, out-of-focus scene. At the top, a bright, glowing light source, likely the sun, is partially obscured by a dark, vertical shape that could be a tree trunk. The light creates a warm, golden-yellow glow that diffuses across the upper portion of the frame. Below the light, a field of numerous small, purple flowers is visible, though they are blurred into a bokeh effect. The overall color palette is dominated by warm yellows, oranges, and purples, creating a serene and natural atmosphere.

**I am clear on  
my brand and  
share it in  
everything I do**

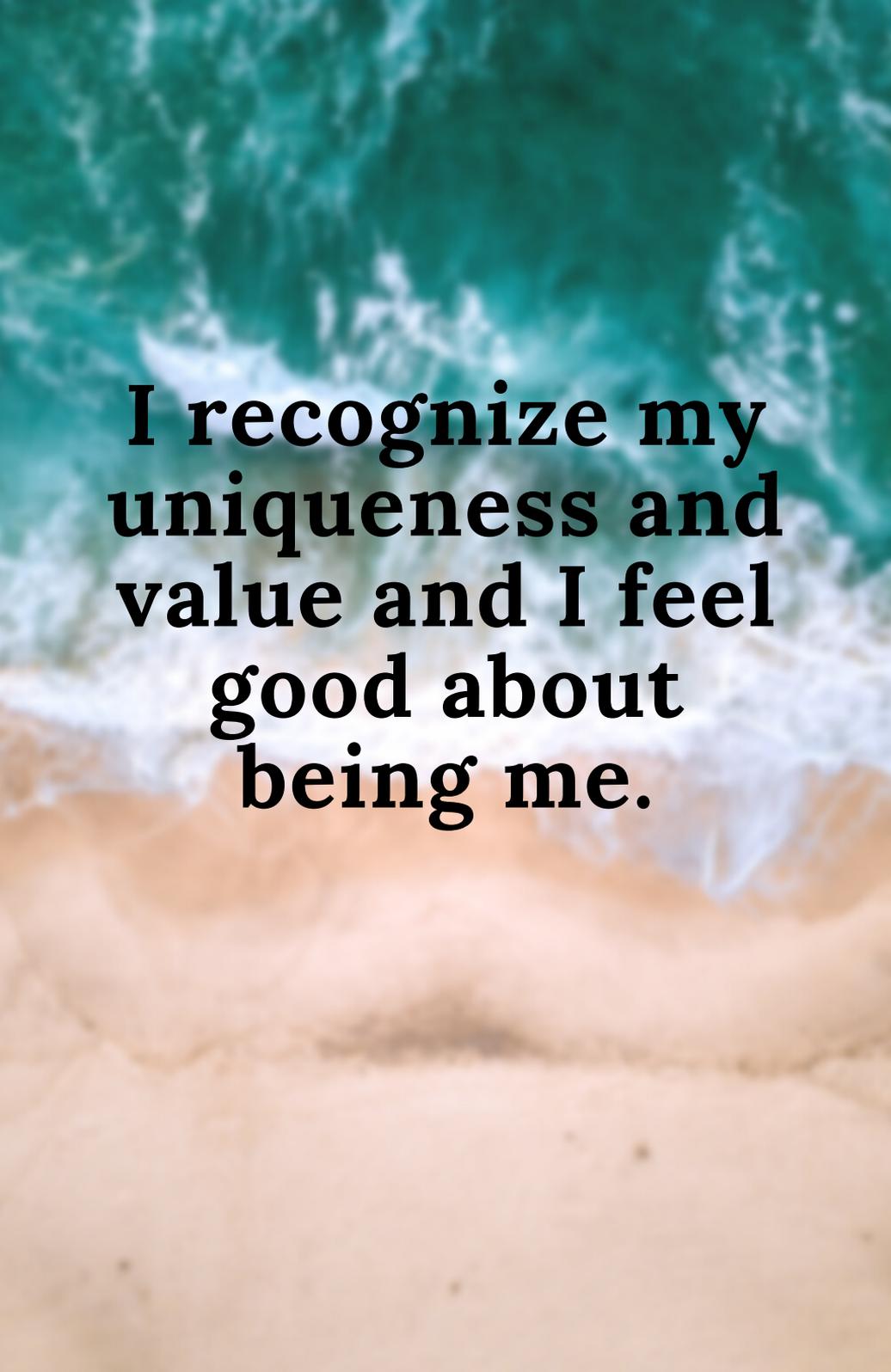


**Acting is my  
passion and I  
practice it daily.**

**I am a creator  
so I create my  
own work.**

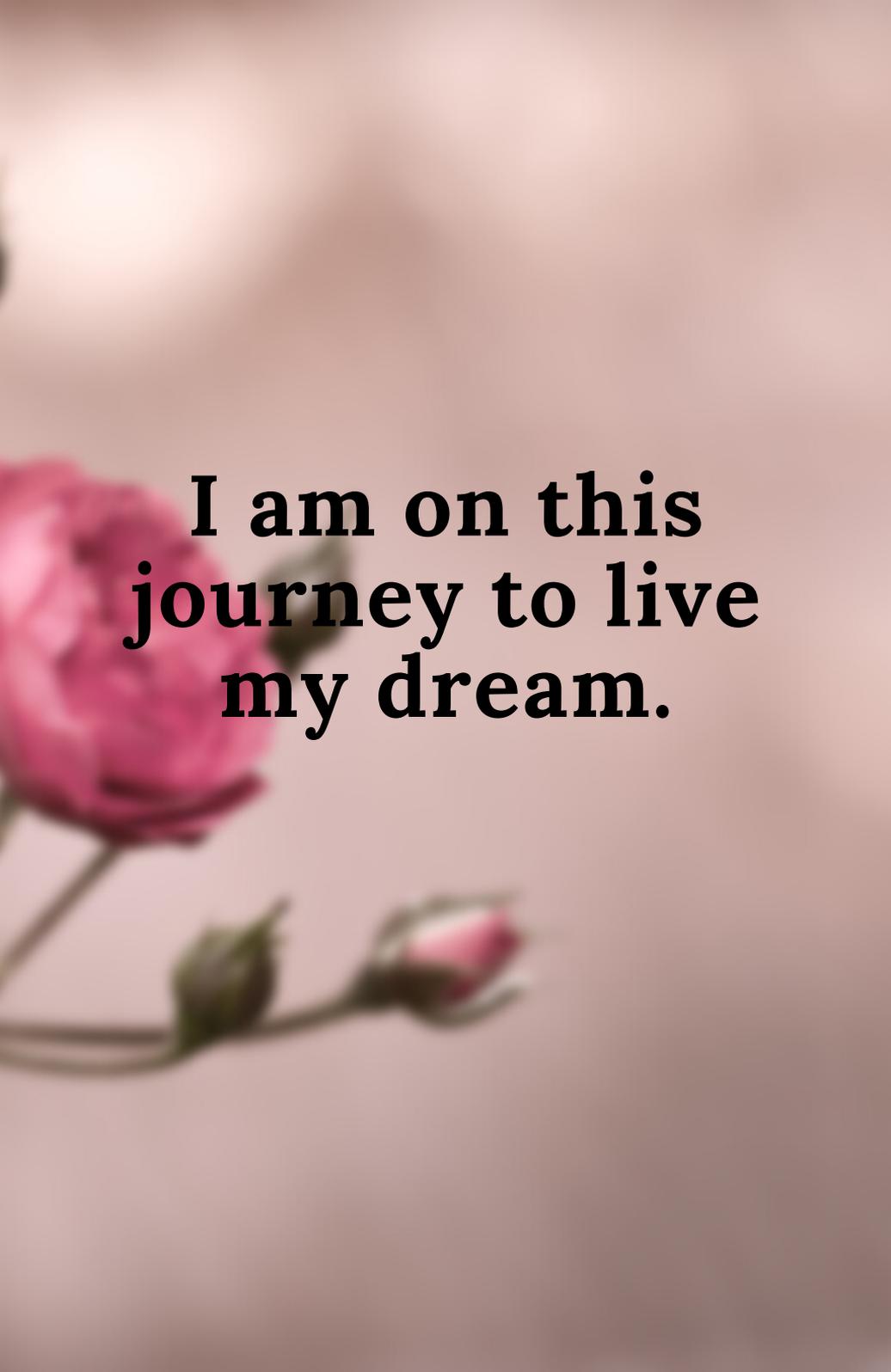


**I stay intuitive  
and aligned  
with my  
creative source.**

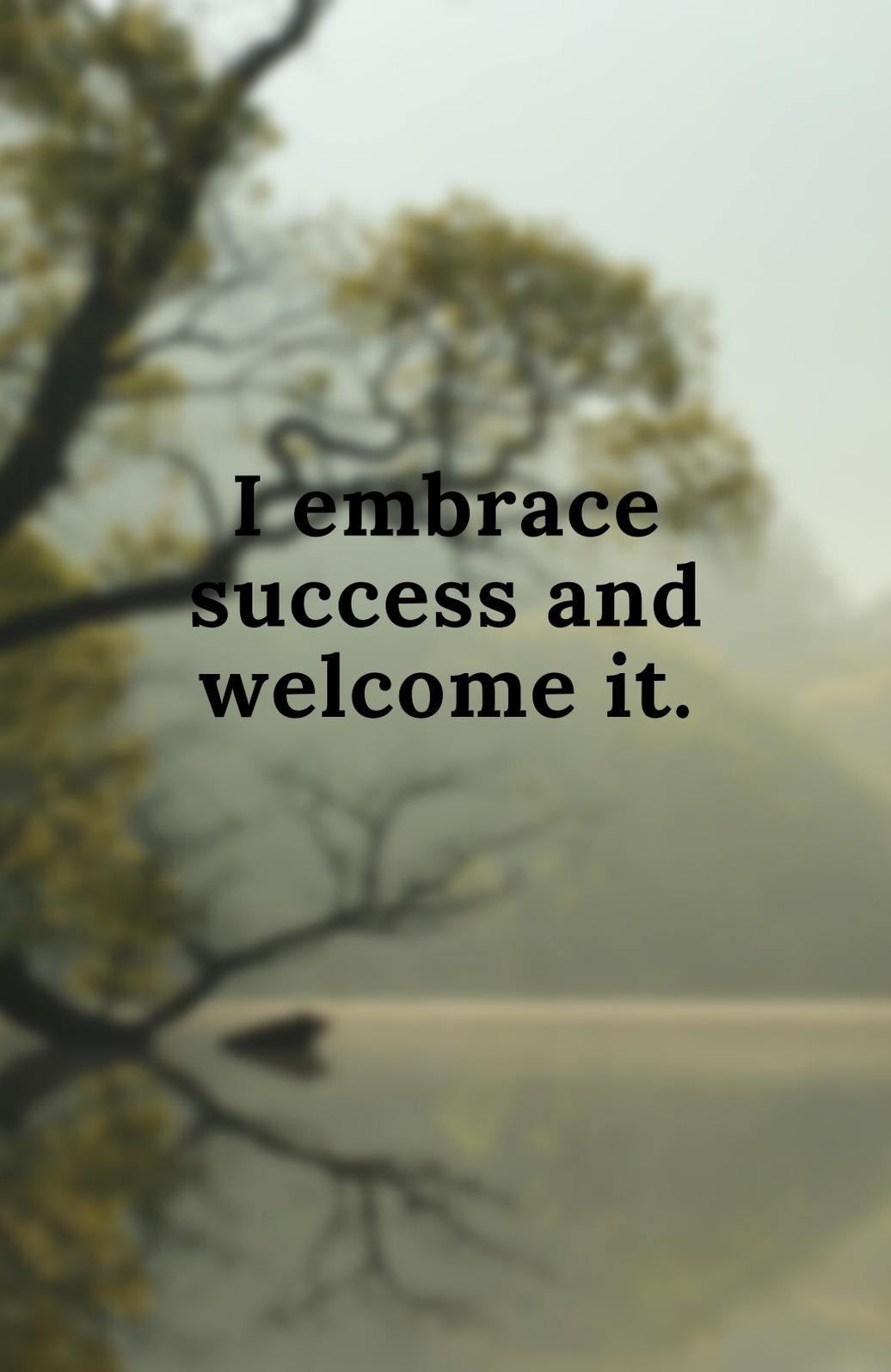


**I recognize my  
uniqueness and  
value and I feel  
good about  
being me.**

**I have a great  
memory that is  
always  
expanding and I  
learn lines with  
ease.**



**I am on this  
journey to live  
my dream.**

The background of the image is a soft-focus landscape. On the left side, there are dark, silhouetted branches of a tree with some yellow-green leaves. The rest of the background is a hazy, light-colored area that appears to be a body of water or a misty field, with a faint horizon line. The overall tone is calm and serene.

**I embrace  
success and  
welcome it.**

The background of the image is a soft, out-of-focus green, suggesting a natural outdoor setting. Several colorful birds, possibly parrots or toucans, are captured in flight, their wings and bodies blurred into streaks of vibrant colors like blue, orange, and yellow. The overall effect is one of dynamic movement and natural beauty.

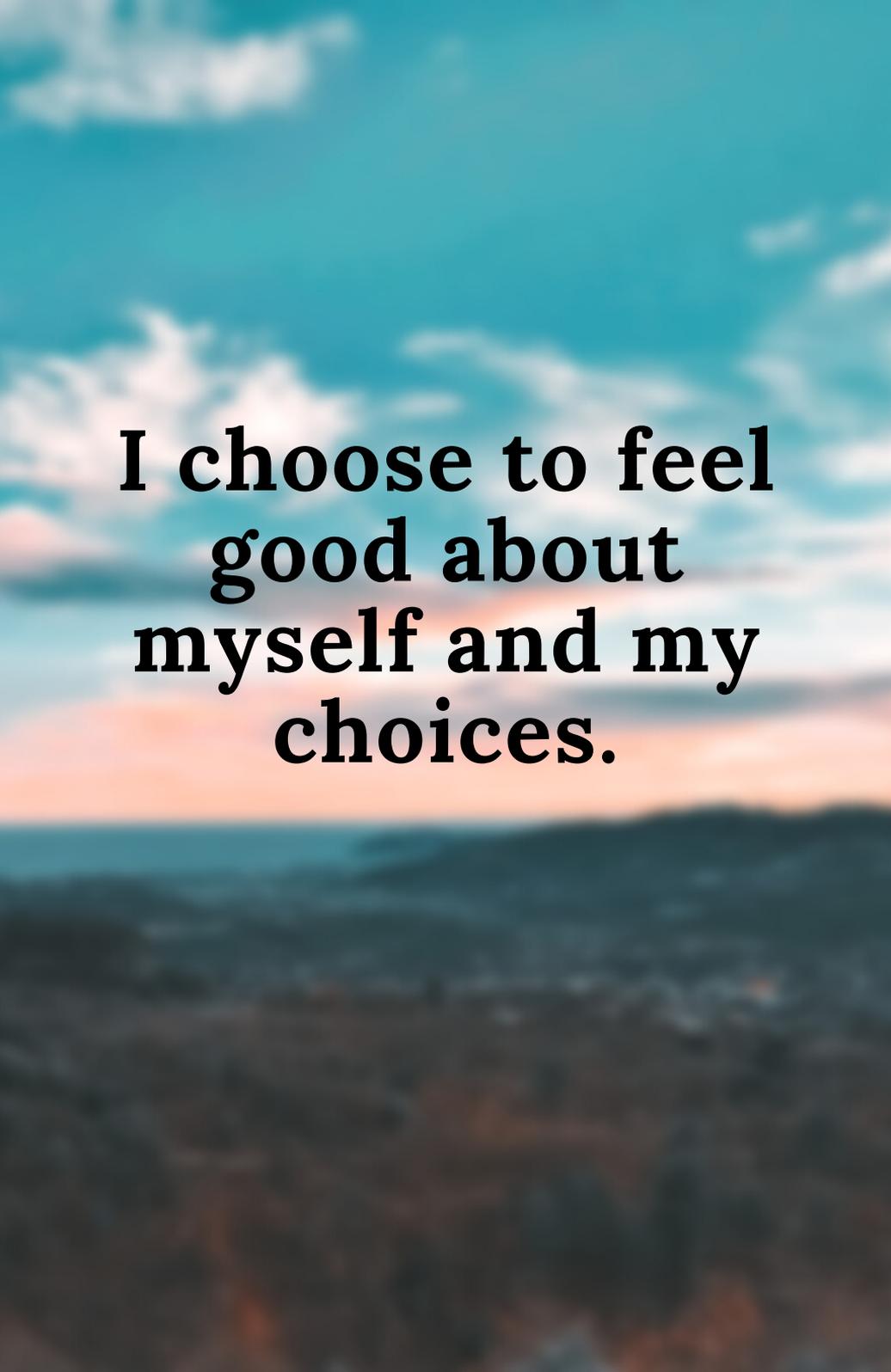
**The Universe  
keeps sending  
opportunities  
my way.**

A vertical photograph of a waterfall cascading down a rocky cliff. The water is white and frothy as it falls, surrounded by dense, vibrant green foliage. The background is slightly blurred, emphasizing the waterfall.

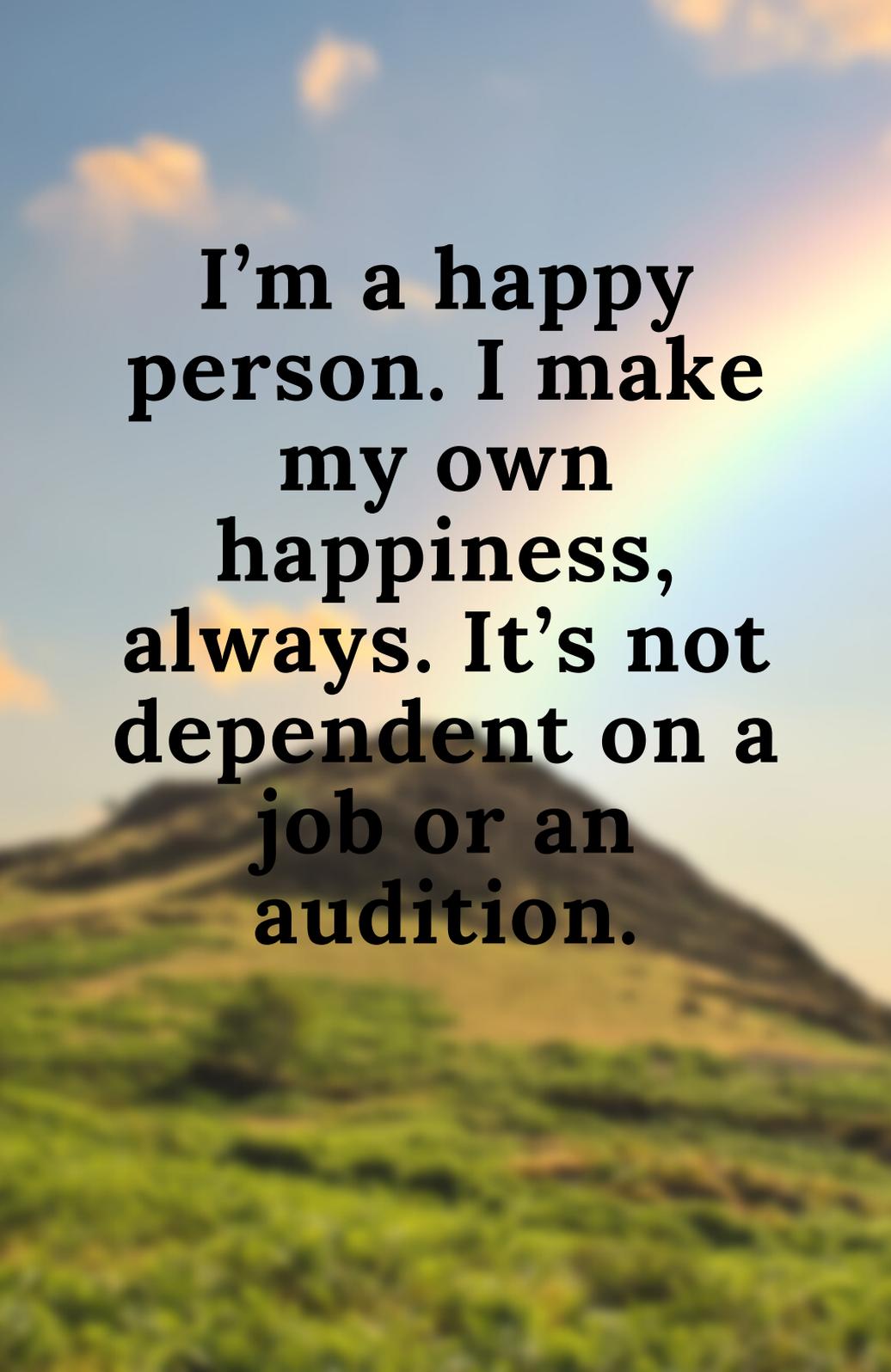
**My talents are  
in demand and  
my unique gifts  
are appreciated.**

A scenic view of a turquoise lake surrounded by evergreen trees and mountains under a cloudy sky. The text is overlaid in the center.

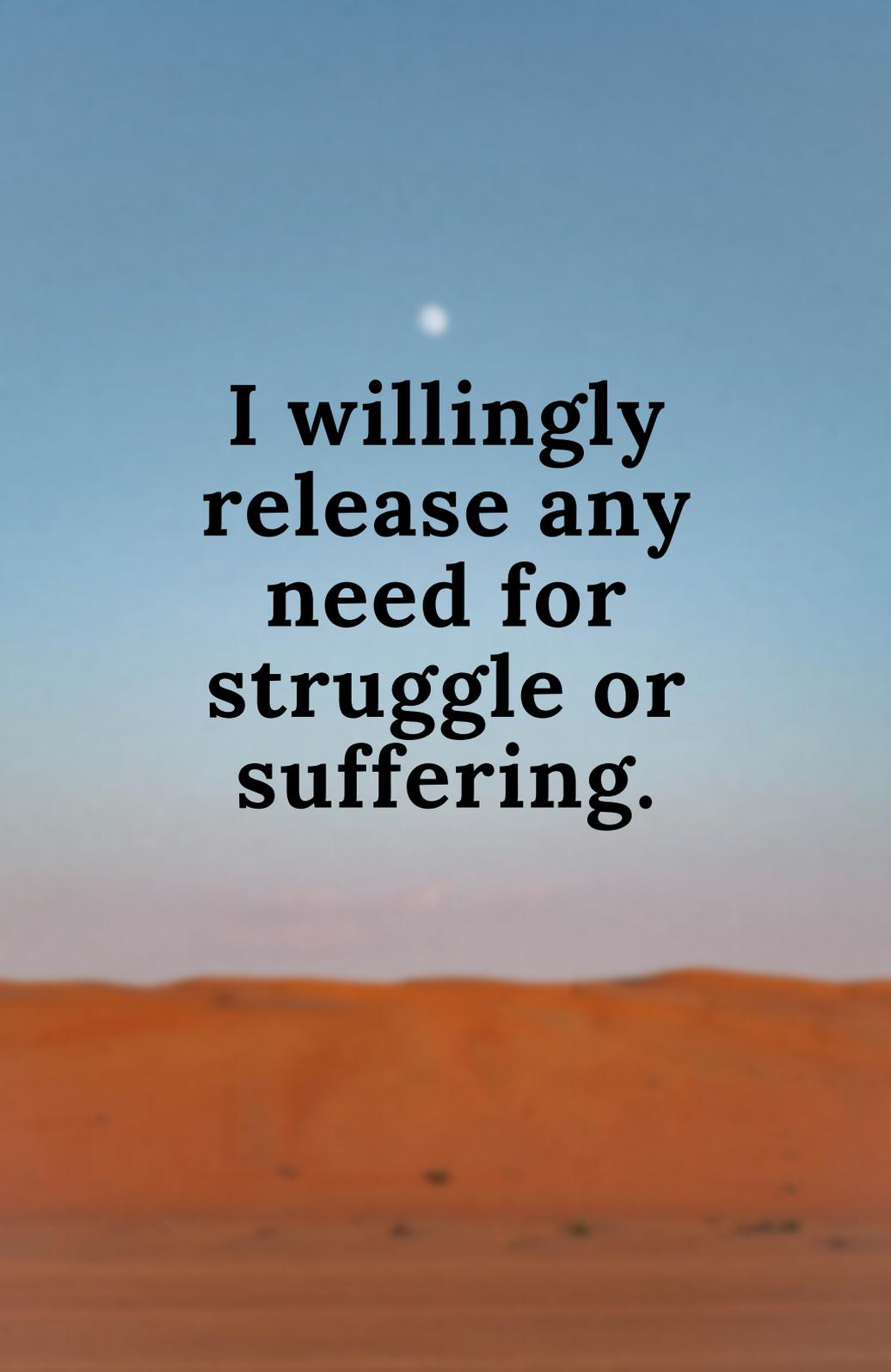
**It's not too late.  
I'm not too old.  
My timing is  
perfect!**



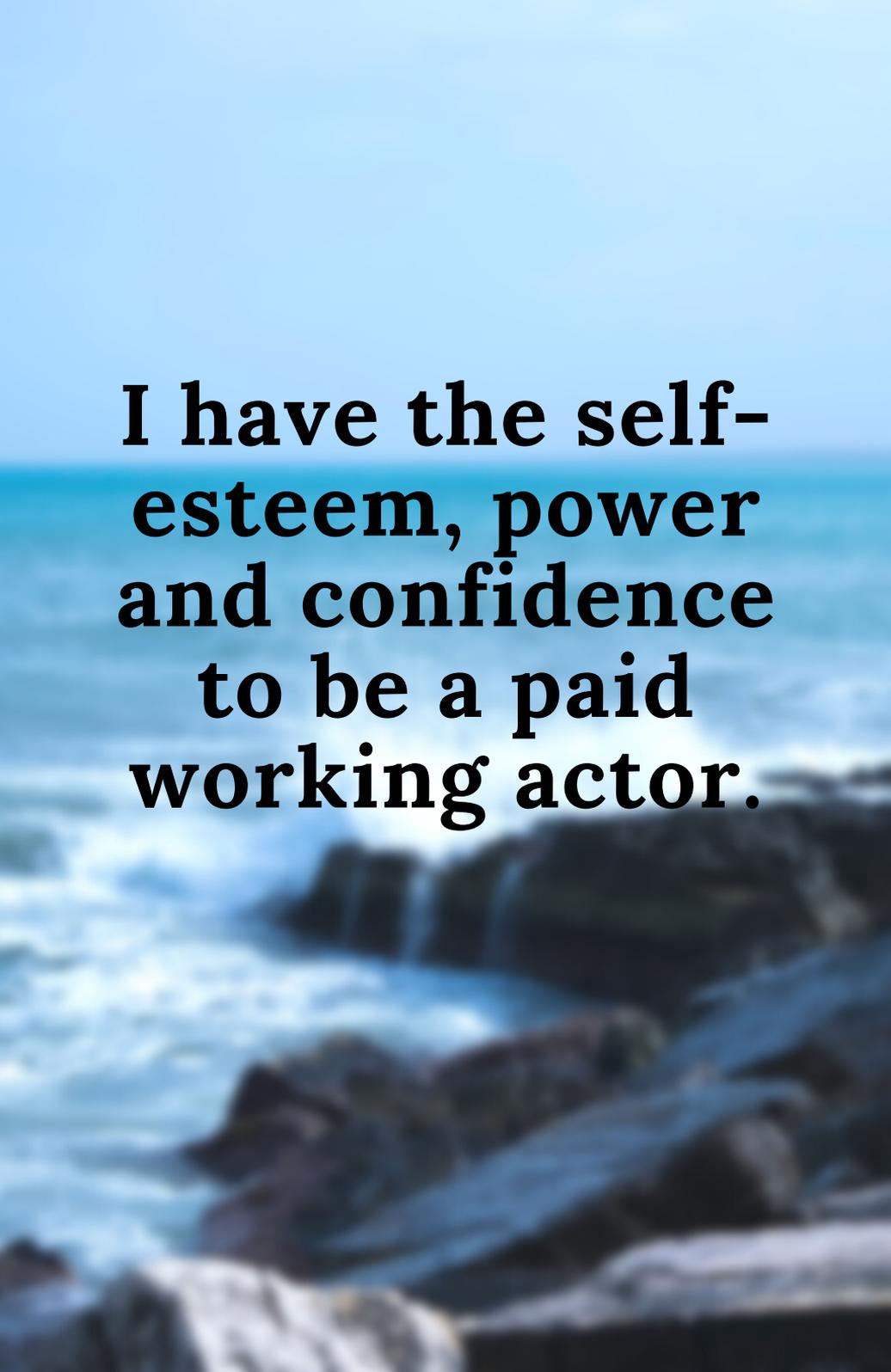
**I choose to feel  
good about  
myself and my  
choices.**



**I'm a happy  
person. I make  
my own  
happiness,  
always. It's not  
dependent on a  
job or an  
audition.**

A photograph of a desert landscape at sunset or sunrise. The sky is a clear, light blue, with a bright sun visible near the horizon. The foreground is a vast, flat, orange-brown desert floor. The text is centered in the upper half of the image.

**I willingly  
release any  
need for  
struggle or  
suffering.**



**I have the self-  
esteem, power  
and confidence  
to be a paid  
working actor.**