



21 Steps to Move Your VO Career in a Positive Direction

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1. **Learn to Control Your Thoughts.** We have 60,000 thoughts a day. But 80% of them are negative.
2. **Show Gratitude for *everything* and *everyone* in your life.** There is always SOMETHING to be grateful for.
3. **Take a media break.** For a day or two stay away from the TV, internet news, radio and negative conversations. If anything really important happens you'll hear about it. You'll be surprised how much lighter you'll feel without this constant onslaught of negativity invading your brain!
4. **See the positive and good in everything:**

LIFEISNOWHERE

Did you see...

Life is no where

OR

Life is now here!

5. **Kill the ANTS:** Train your thoughts to "default" to a positive ones!

Automatic

Negative

Thoughts

6. **Dress for success.** Yes, you work at home and no one sees you. But when you get up, shower and get dress for work – you will feel more like a professional and in turn, more positive about your career.
7. **Stop worrying.** Worrying is like a rocking chair. It gives you something to do, but it won't get you anywhere.
8. **Develop "Kind-Sight."** Instead of saying "What was I thinking?" Say, "What was I learning." Stop beating yourself up!
9. **View challenges differently.** You're doing more auditioning than getting work. Instead of: "I'll never get a job", Think: "I'm learning something and developing skills from every audition I do. I'm getting better every day!"

10. **Believe in yourself.** With every fiber in your body and mind – BELIEVE you can do it!
11. **Avoid Negative people and situations in your life.** They will be toxic to our self-confidence.
12. **Hang out with positive people!** Like those great folks at Positive Thinkers UNITE!
13. **Be careful of how you finish this phrase...** “I AM” - for whatever follows is your reality.
14. **Program your day for success.** See it! Feel it! Taste it! Then give it to the universe and believe it will happen!
15. **Stop apologizing** – No more saying “I’m sorry” for everything - especially when you’re in the booth recording.
16. **TAKE ACTION!** Positive thinking is great, but without action it’s just a pig dressed up in positive pearls!
17. **Be a *Possibilitarian*** – Heart-centered, positive energy will help you move forward and will attract the things you want into your life!
18. **Develop the muscles to go from saying, “I can’t to anything” to “I can change EVERYTHING!”**
19. **Know that positive thoughts and negative thoughts CANNOT co-exist in your brain.** And positive thoughts are stronger! So do yourself a favor and replace the negatives with positives.
20. **Smile more often** – Cheer Up! Share your positive attitude with others.
21. **Keep reminders in clear view.** Start a Happiness Jar! Wear your PTU Bracelet! Put these reminders on the wall of your studio!

BONUS: Keep a gratitude journal. Write down everything you are grateful for... Absolutely EVERYTHING... no matter how big or small! When you do this, you can't help but change your attitude from negative to positive. (Better by TWO journals... you will run out of room pretty quickly.)

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