



How to Approach the Games and Exercises

This little section is all about getting to the right performance energy and style. I know it's hard to believe, but some of us have behavior patterns we've carried throughout our entire lives, so it's not always easy to simply adopt a new Role at the drop of a hat.

Think of this section as a whole house full of hats. More importantly, this is where the magic of connection is tested for the first time.

Remember, we all have at least one Role that we play during the day. The truth is, we have many. We're one with our spouse, another with our kids, another with our clients and another with our doctor. While we're always "me", we're never quite the same "me" in every situation. So it's quite natural that we should have a Role that's specially adapted to the computer/TV screen.

The problem is that this is not something most of us have practiced our entire lives. So in some cases, the Role may have to be created out of thin air. But in most cases, your on-camera Role is nothing more than a matter of hitting a few selected notes from your daily life.

Of course, once you get started with video, your Role will evolve over time. So if you have 10 spare years to practice re-inventing the wheel, then set these pages aside. If you'd like to whack 10 years off your learning curve, simply spend 2 thirty-minute sessions on the following exercises.

If you do, I guarantee that the Role who emerges will delight you and your audience.

This first exercise is to get your voice, body and imagination warmed up. Don't think about it. Just do it and have fun.

By the way, none of these exercises need to be filmed. Just work your way through all 4 of them and then dive into the next section.

