

# GET IN GEAR FOR



The 100-day  
enoughness  
journey to the  
life of your  
dreams!

WELCOME KIT, OCTOBER 2024

[DOJO.BONNIEGILLESPIE.COM](https://dojo.bonniegillespie.com)



# A NOTE FROM BONNIE GILLESPIE

YOUR GUIDE FOR THIS ENOUGHNESS JOURNEY

You already know there's a version of you who has it all together. This version of you — the one you sometimes get glimpses of, the one who flirts with all the success and creativity and FUN this storytelling life of ours holds — has a sense of **confidence** about who you are as an artist; a sense of **ease** about "effort" when it comes to stuff like connecting with buyers; a sense of **calm** about things that used to feel incredibly frantic, overwhelming, and out of control.

We'd say this version of you is a brief 100 days away, but we know better. This version of you exists RIGHT NOW and not just for quick bursts of time here and there. This version of you — **this confident, calm, inspired creative who moves through life with clarity and purpose and JOY** — just needs more attention than they've been getting.

And that's, at its core, what **Get in Gear for the Next Tier** is all about: showing up for yourself like never before. There is no exaggeration here: **Get in Gear for the Next Tier** will change your life... if you're ready to put in the work, one day at a time.

We're going to support the HEALTHY part of your creative brain so it can joyfully do more, be more, CREATE MORE for the world to enjoy! Sure, you may fall behind in this process, but whenever you check in, you'll have our support to keep you connected, inspired, and reminded of why you're on this journey in the first place! **#CreatingTheHollywoodWeWant**

We've GOT you. And — most importantly — **you've got this!** You KNOW there's a more aligned and successful you on the other side of some blocks that do NOT have to stick around and have such power over you! Never been able to create or maintain a relationship-tracking show bible? We've got you. Never quite figured out why your type and brand don't feel like the most castable version of the storyteller you were born to be? We've got you. Never enjoyed that whole schmoozing thing — on social media or in real life? We've got you.

It's time for you to step into the unfair advantage in this creative life that is simply BEING ON YOUR OWN DAMN SIDE for a change. **Showing up for yourself WILL change everything.**

So, really commit to being present and connected for these 100 days! Commit to showing up for **yourself**. Future you will thank you!

# GET IN GEAR CHECKLIST

KEEP THIS AROUND FOR QUICK REFERENCE

When you receive an email with your username and password, put that info here. **USERNAME:** \_\_\_\_\_

**PASSWORD:** \_\_\_\_\_ We also recommend you let your browser keep you logged in, so you don't have to go looking for this info. But hey, if you do have to look for it, here it is!

- ☐ SET YOUR **FOCUS WORD** FOR THESE 100 DAYS AND POST IT UP AROUND YOUR HOME
- ☐ CREATE AN EMAIL FOLDER FOR YOUR **GIGFTNT** GOODIES
- ☐ PUT OUR LIVE **CONNECT WITH BON** ZOOM MEETINGS ON YOUR CALENDAR AND SET REMINDERS
- ☐ SELECT A **TRACK** FOR YOUR FIRST TOUR OF THE 100 DAYS (ACCESS STARTS IN YOUR 3RD WEEK)
- ☐ TAKE THE **4 TENDENCIES** QUIZ HERE
- ☐ SET THE DOJO AS YOUR BROWSER'S START-UP PAGE SO YOU CAN KICK OFF EACH DAY WITH US
- ☐ INSTALL A PRODUCTIVITY APP ON YOUR PHONE AND MAKE THE DOJO VISITS A "DAILY DO"
- ☐ USE #SMFANINJAS, #GETINGEAR, #ENOUGHNESS, #CREATINGTHEHOLLYWOODWEWANT ON SOCIAL
- ☐ VISIT THE **GET READY — START STRONG!** PAGE AT THE DOJO AND INTRODUCE YOURSELF
- ☐ ADD **HELP@BONNIEGILLESPIE.COM** TO YOUR CONTACTS AND REACH OUT WHENEVER YOU NEED US



# GET IN GEAR MEMBER BENEFITS

DAMN, IT FEELS GOOD TO BE A NINJA

## RIGHT NOW

- DAILY SUPPORT IN THE DOJO
- ACCESS TO A WORLD OF CREATIVES ON THIS JOURNEY WITH YOU
- DISCOUNTED COACHING WITH BONNIE GILLESPIE

## ON DAY 101 OF YOUR MEMBERSHIP

- PRIVATE GRADS-ONLY FACEBOOK GROUP
- UNLIMITED ACCESS TO **THE VAULT**
- THE ABILITY TO RESTART THE 100 DAYS AND SELECT A NEW TRACK THIS TIME

## ONGOING

- PARTICIPATION IN FUTURE LIVE ROUNDS
- CONTINUED ACCESS TO THE 100 DAYS, THE TRACKS, **THE VAULT**, AND FORTHCOMING CURRICULUM ADDITIONS
- NO MEMBERSHIP FEES IF YOU ENROLLED WITH LIFETIME ACCESS, OR OUR MONTHLY \$30 "GYM MEMBERSHIP" RATE IF YOU PREFER
- AN INVITATION TO APPLY TO JOIN OUR MIND-BODY ENOUGHNESS MASTERMIND **EXPANSIVE CAPACITY**
- PRIORITY ACCESS TO BONNIE GILLESPIE'S COACHING CALENDAR (DISCOUNTED AS LONG AS YOU'RE A MEMBER)





# THE ENOUGHNESS JOURNEY

100 LIFE-CHANGING DAYS

## THE DAILY DOJO EXPERIENCE

You will receive one email a day for 100 days. When this email arrives, it's your signal that a new day has opened up for you at your member dashboard. Because we learn best when stimulating multiple senses, we've included a daily song we recommend you let play as you begin tackling the material.

Our curriculum spans **Mindset (enoughness, money mindset, self-care, healthy boundaries), Relationships (your support system, your targets, your team), and Tools (your content, marketing assets, online presence, consistency, and your brand umbrella)** in the form of videos, audio content, PDF worksheets, and articles for you to consume. On the next two pages, you have a blank and pre-filled **Get in Gear FRAMEWORK** guide, perfect for stickers or other fun office-supplies-filled methods of keeping up with your time in the dojo!

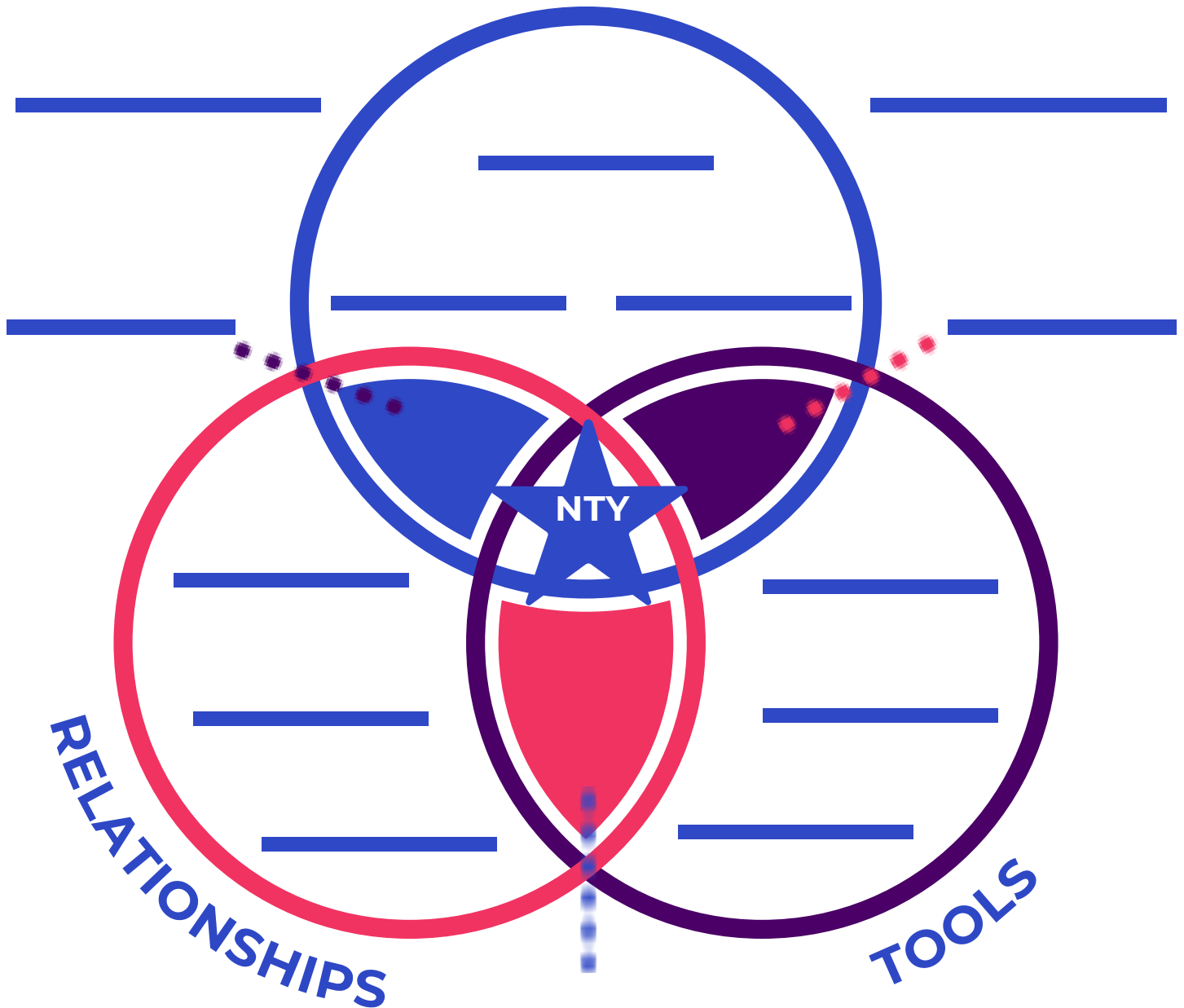
You have the option of specializing in one of five **TRACKS** during these 100 days: either **Money, Honey; The Intuitive Body; #RelationshipGoals; Woo-Woo Crew; or Writer/Content Creator**. These overlays provide additional support in a focus area that will turbocharge your enoughness experience. (Oh, and no FOMO! The tracks you \*don't\* choose will be available for future laps of The 100.)

The curriculum rolls out in a lovely cycling-through of the topics and delivery styles so you'll plow through some days in 5 minutes and others in 2 hours... or more! We never want you to overwhelm yourself as we keep the good stuff flowing so you can tackle the next tier as aggressively as you wish, so please know your limits and respect them! By creating a structure that allows you to take it bite-sized or at extra-credit speed, to connect daily or consume it all binge-style in daylong catch-up sessions, we're providing you with stellar information, significant support, and customized ultimate inspiration.

This is YOUR journey! After each day is unlocked, feel free to bookmark and revisit it as you wish throughout your membership!

# Get in Gear FRAMEWORK

MINDSET



# Get in Gear FRAMEWORK





# ENOUGHNESS IS AN INSIDE JOB

AND SOMETIMES YOU NEED A GUIDE TO FIND YOUR WAY THERE

## TIPS FOR A SPECTACULAR 100 DAYS

We want you to have **massive** success in these 100 days and beyond! The goal is not just to get you to the next tier — with loads of joy along the way — but also to improve your focus, to boost your confidence, to reduce the sense of overwhelm that comes with pursuing a creative career.

Take a moment to be sure you know yourself when it comes to how you create lasting change in your life (or why it is you always seem to circle back to old habits, no matter how many times you promise yourself you'll do things differently). Identify whether you are **outwardly** or **inwardly** motivated. We all have a dominant center for motivation. Is it someone else's influence (their judgment, perception, pressure, praise) that motivates you to create change in your life or is it your own (your judgment, perception, self-talk) that does the trick? **Bonus question:** Are you motivated by avoiding failure or by achieving a goal? Meaning, is it "because I avoid getting in trouble if I get this done" or "because there's a reward if I get this done" that you tend to make things happen in your life? Knowing your idling speed here will help you tackle these 100 days like a champ!

Set a reasonable goal for these 100 days. Whether it's a breakthrough from co-star bookings to guest-star level auditions, a boost in sales via your online business, a shift from a starter agent to a hell-yes rep, more love in your life, or simply a better handle on your brand and how to communicate it effectively to your target buyers, **be very specific**. And choose things you CAN control. ("Book a national" is out of your control. "Identify, target, and begin building an authentic relationship with a casting director who regularly populates national commercials" is TOTALLY within your control.) Write your specific goal down. Post it up in your creative workspace! Refer back to it often.





# THE GET IN GEAR COMMUNITY

UNPARALLELED SUPPORT

## #SMFAninjas IS YOUR BAT SIGNAL

Your membership in **Get in Gear for the Next Tier** is as public or private an experience as you crave. Our community of creatives worldwide is second to none. Its commitment to the badassery of ALL its members is unlike anything you're used to seeing. We are all stronger together than we are on our own and we share our toys.

Should you wish to find an accountability buddy, to share your progress by using the #SMFAninjas hashtag throughout social media, or to engage in the comments of each day's lesson, those options exist for you.

And should you prefer to quietly progress through the curriculum, keeping your growth scrawled in a journal, that's fine too! What's **outside** the boundaries of this program, however, is any sort of inbox coaching with Bonnie. While there will be significant interaction in the comments area of each day's curriculum page and extended celebration on social media, should you wish to work through any kinks privately with Bonnie's help, that falls under the category of private coaching. Oh, and as a member of **Get in Gear for the Next Tier**, you qualify for **discounted** coaching. Yay, you!

As for being public about this journey, just remember that saying it's gonna happen is sometimes one of the most powerful things we can do to be sure it will in fact happen! You have a safe place to share your goals, fears, and plans in the dojo. If you're worried you have "nothing to give," please note that it's not your \*expertise\* that makes you helpful in our community; it's your support! We are always **#CreatingTheHollywoodWeWant** together!



# MINDSET FOR ENOUGHNESS

PARTING THOUGHTS FROM BON'S OWN ENOUGHNESS JOURNEY

## YOUR SELF-TALK IS EVERYTHING HERE

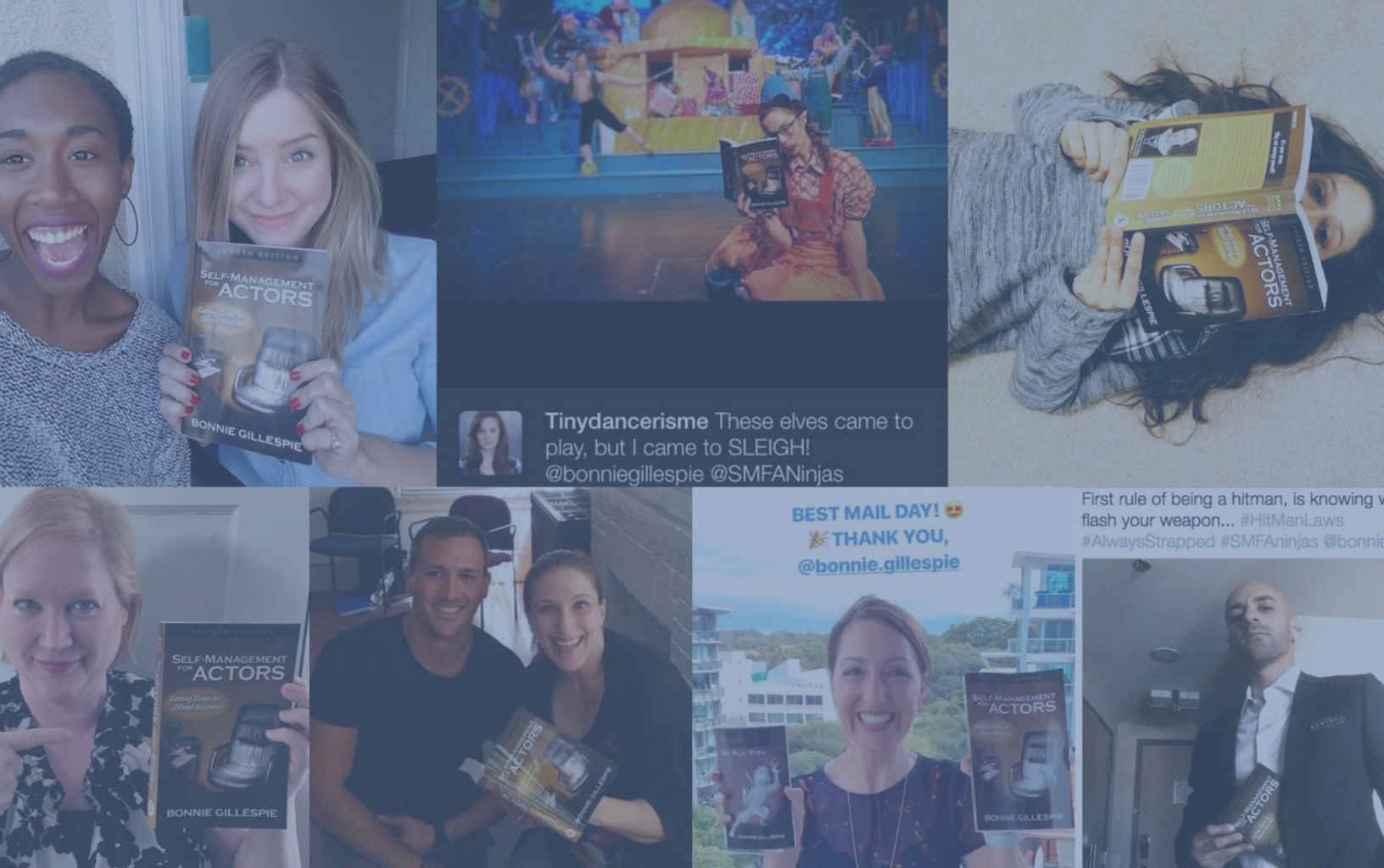
Remember that you have committed to building a muscle these 100 days! That takes time. It takes consistency. It takes juicy self-talk that supports lasting change! My favorite mantra from my pole fitness journey comes from those early days of plowing through class, twice the age of everyone else in the room. Slower, heavier, and with no dance background... I had my work cut out for me. And as others advanced and I struggled, I cried, and then — as the fog lifted — I said the words, "I can't do this trick right now. But there's a future version of me who's a flippin' **badass** at it. And I don't get to MEET her unless I keep showing up." **Show up.** Come back if you take a break. Commit to meeting your future badass self. (Future you is really spectacular.)

When you feel yourself doubting your progress, reverting to old habits, going back to easy-to-use overdeveloped muscles that haven't delivered you to the doorstep of your dreams, I'll ask you to try another of my mantras. This is one I rolled out as I changed my life with a Whole30 way of eating. One of those first 30 days — during which I had committed to a non-negotiable morning ritual of Wii Fit and Abraham-Hicks, **no matter what** — I just wanted to skip it. I was really negotiating with myself about it. And my brain is a pretty powerful place! I said, "Augh! I just wanna stay in BED!" and a voice came up from within my very soul: "But I want to change MORE." I can't tell you to **want to change** more than you want whatever bit of immediate gratification might present itself, wooing you away from your daily practice of this enoughness work... but you enrolled for a reason. And I can tell you that if you commit to showing up for yourself these 100 days, things WILL change.

Show up for yourself. Having this one thing happening — for you, 100% FOR YOU and no one else — every day for 100 days will do amazing things for your mindset. Be selfish with your commitment to this. Protect this budding new you. You never know what will trigger you to revert back to old patterns or what will cause you to fly into a tailspin of busywork, people-pleasing, or putting yourself last. Those old muscles are strong, so consider giving them a nice long siesta to allow you to not only experience this shift but truly build momentum for this more focused, next-tier version of yourself! With every day you follow through, you're whispering ever-louder, "**I will show up for you**" to your creative soul.

Its output in response to THAT level of commitment will astound you... and your fanbase!





## ABOUT BON...

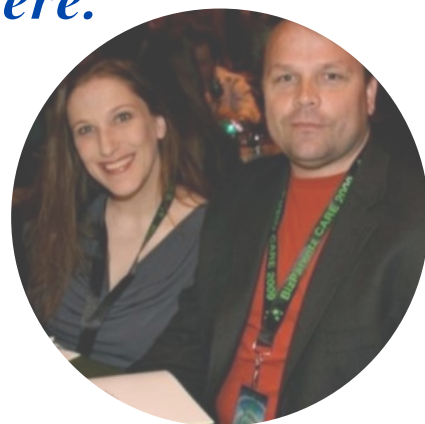
### YOUR GUIDE TO ENOUGHNESS

**Bonnie Gillespie is living her dreams by helping others figure out how to live theirs.** As a weekly columnist, she began demystifying the casting process for actors in 1999. Her most popular book is ***Self-Management for Actors***, the curriculum upon which her teaching is based.

As a producer and casting director, Bonnie specializes in indie darlings, such as the Emmy-winning Twitch series ***Artificial***. Whether casting, coaching, or putting the WOO in Hollywood via **Chart Harmony**, she is passionate about leaving this world better than she found it.

Bonnie uses she/her pronouns and lives her sober life by the beach (on unceded ancestral Tongva land) with her partner Keith Johnson... the luckiest man in the world.

*Enoughness is an inside job... and sometimes you need a guide to find your way there.*



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