Get in Gear for the Next Tier

LIVE!

with Team Bonnie Gillespie

June 1, 2019 - September 8, 2019
Welcome to Bonnie Gillespie’s revolutionary 100-day challenge: Get in Gear for the Next Tier! We’re so glad you’re here!

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 she is as an artist; a sense of ease about “effort” when it comes to things 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 you’ve been giving it.

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 do more, be more, CREATE MORE for the world to enjoy! Sure, you may fall behind, but whenever you check in, you’ll find daily support in the curriculum pages to keep you connected, inspired, and reminded of why you’re on this journey in the first place!

We’ve GOT you. And—most importantly—you’ve got this! You KNOW there’s a better 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 show bible? We’ve got you. Never quite been able to understand 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—online 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 joining us for these 100 days! Commit to showing up for yourself. Future you will thank you!

What’s Next

Keep an eye out for an email with your username and password for this membership course. You’ll want to keep those stored in all your browsers (every computer you use, all your gadgets) so you can stay plugged in wherever you go. Keep up with that login info and also with everything this doc. It will help you! And if it doesn’t help you as much as we hope it will, please email the team at help@bonniegillespie.com. This is your lifeline for all tech, admin, or other program issues.

We encourage you to leap to the “Tips for Starting Strong” section of this welcome kit, log in at the dojo, and get started in setting some intentions that allow us to support and encourage the growth you’re about to experience! Don’t wait!

The 100-Day Challenge

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. Our curriculum spans Mindset, The Core, Practice, Relationships, Content Creation, Money, Woo-Woo, Niches, The Hyph Life, Leading the New Hollywood, and Self-Care in the form of videos, audio content, PDF worksheets, and articles for you to consume.

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 to overwhelm you, but we do want to keep the good stuff flowing so you can tackle the next tier as aggressively as you wish! 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 ultimate inspiration.

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

The #SMFAninjas Community

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 will fall under private coaching, which kicks off with an application here. 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 here. If you’re worried you have “nothing to give,” please note that it’s not necessarily your expertise that makes you helpful in our community; it’s your support!
The SMFA Vault

On day 101 of your membership, you’ll unlock The SMFA Vault, Bon’s personal treasure chest of goodies developed for and shared exclusively with mastermind groups and private coaching clients—including professional athletes, politicians, musicians, entrepreneurs, authors, financial advisors, talent agents, casting directors, and showrunners—at long last collected in one delicious location!

Unlike the curriculum in the 100-day challenge, which unlocks one day at a time, The SMFA Vault is open for you to dig through as you wish, once your access is unlocked. We will continue to add new material here periodically. Don’t get overwhelmed and try to OD on the contents!

After a couple of weeks to poke around, your membership structure switches over to a monthly payment to retain access to both The SMFA Vault and the 100-day challenge that started your journey to the next tier.

**Bonus:** As you continue your membership, you receive grads-only access to the private dojo Facebook Group, where Bonnie pops in for Facebook Live broadcasts, answers your questions, and jams with you about fun new things she’s working on for The SMFA Vault. Woo hoo!

You continue to have the ability to revisit any of the 100 days, to explore any upgrades we create over time, to participate in our LIVE rounds, to become a mentor to a newbie (scoring the both of you some free coaching with Bonnie), even to restart your emailed reminders of the daily progression, should you wish to launch into a new run of 100 days from your new tier! This, plus all goodies now in and future-added to The SMFA Vault are all yours as long as you maintain your monthly membership!

We see the dojo like a gym. Enjoy working out here with our support? Keep up your membership! Feeling done? Cancel your recurring payment with these simple steps. Easy-peasy! Oh, and best of all: As our membership prices increase, yours never will. You are locked in at your initial rate until you cancel. Awesome!
In this LIVE round of Get in Gear for the Next Tier, Bonnie Gillespie and her amazing team will provide not only daily interaction in the course pages, not only a graduation experience that leads you to the exclusive Self-Management for Actors vault and a private Facebook community for ongoing support, but also LIVE Q&A phone calls every ten days throughout the course. Woo HOO!

These group coaching calls will allow you to get deeper clarity about each day’s lesson, jam with other creatives about blocks and pesky self-sabotage that tries to creep in (typical, when we’re engaged in such massively impact-filled confidence-building work), and share your wins (which we KNOW start happening long before graduation day).

Keep an eye on your inbox! You’ll receive emails before each call with information on how to participate LIVE. We’ll also share how to get us your questions in advance if you know you won’t be able to join us live on any particular call.

Yes, all ten calls are recorded for you to revisit in the membership area, so as a member of GIGFTNT Live, you will continue to have access even if you weren’t able to attend for every magical moment of these high-impact group coaching calls!
## June 2019

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**LET’S START STRONG!**

Check in with your accountability buddy!

Just breathe.

GROUP CALL
2:30pm PDT

Comment at the Dojo!

GROUP CALL
2:30pm PDT

What a great time to revisit days that need a little more love!

Let’s breathe again.

GROUP CALL
2:30pm PDT

Let’s play!
Let's support these changes with some radical self-care!

GROUP CALL
2:30pm PDT

SMFA TUNE-UP FREE QUARTERLY CALL
2:30pm PDT

Halfway there!

GROUP CALL
2:30pm PDT

Comment at the Dojo!

GROUP CALL
2:30pm PDT

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## August 2019

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<td>Poke around The SMFA Vault!</td>
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<td>100 DAYS 'TIL 2020! How will you make them count?</td>
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GET IN GEAR FOR THE NEXT Tier

Leading the New Hollywood
We're building the Hollywood we WANT to be a part of with our every choice, daily. Starting today.

The Hyph Life
Once, you weren't taken seriously if you did anything other than act. Today, if you're *only* an actor, the buyers say, "Really? That's all you've got?!"

Self-Care
If you're not investing in yourself, you can't expect anyone else to understand your greatest value as a creative storyteller.

Woo-Woo
The IT factor like you've never seen it. Yup, we're going there.

Money
What do agents look for in an actor? Dollar signs. Pros are not afraid of paperwork.

Content Creation
Waiting for permission to perform is surrendering control of your dreams. From crewing up to hitting the festival circuit, it's your show.

Relationships
Big change requires big support. Authentic relationship-building begins by fortifying your relationship with yourself.

Practice
Professional athletes work out daily, even in the off-season. Professional actors do too.

The Core
If you're not in love with your tools, no one on the receiving end will swoon over them either.

Mindset
Our self-talk is some of the most empowering language we encounter in our lives.

Bonnie Gillespie guides you through 100 days of structure, inspiration, and FUN! Then... you unlock The SMFA Vault.

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Tips for Starting Strong

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 help improve your focus, to boost your confidence, to reduce the sense of overwhelm that comes with pursuing a creative career. To that end, here comes some pre-day-one homework directly from Bon. Your future self will kiss you with glee for having taken this recipe seriously! So, let’s get to it!

1. Download a productivity app such as Habit Tracker, Productive, Strides, 7 Weeks, Habitica, or Any.do and install it on your phone. Set one of your “daily do” items as a check-in at the dojo. Plan to reward yourself for not breaking a streak!

2. Set the dojo as your homepage, so when you start up your browser each day, you’re already facing your member dashboard, ready to charge on in and at least see what the day’s lesson involves. Sure, you may decide you need more time to consume it and set a reminder to come back to it later, but at least you’ll have it open in a tab, ready and waiting for you!

3. Expect to have some of the 100 days NOT resonate with you. Look, this one is tough for me. I truly believe I’m capable of creating content that is 100% delightful for 100% of the people 100% of the time. (Yeah, I know. Unrealistic.) Far more likely, you’ll love a bunch of it, you’ll seriously love some of it, and then there will be a sliver of stuff that full-on changes your life forever. I’m not being overly dramatic with that last bit! It’ll happen... but maybe only on a dozen or so of the days. Hey... not bad!

4. Now, because we want you to succeed, let’s 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 more dominant center for motivation, even if we tend to bop between the two. Is it someone else’s influence (their judgment, their perception, their pressure, their praise) that motivates you to create change in your life or is it your own (your judgment, your perception, your 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! Further in this area, Gretchen Rubin’s book, *The Four Tendencies*, is a great read, but even without firing up your library card, you can figure a lot out through [this free quiz on her website](#). This will take about ten minutes to complete and we’d love for you to head over to the GET READY—START STRONG page in the dojo (where even more juicy pre-Day-1 homework awaits) and share your results in the comments. This will allow us to help you even before your 100-day journey begins! Hooray!

5. Set a reasonable goal for these 100 days. Whether it’s a breakthrough from co-star bookings to guest-star level auditions, a shift from a starter agent to a hell-yes rep, 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 not.) Write this goal down. Post it up in your creative workspace! Refer back to it often.

6. Declare a big-picture focus word for these 100 days. Based on your reasonable goal, based on whether you are outwardly or inwardly motivated, and—most importantly—based on how you want to FEEL about your creative career 100 days from now, choose a word on which you will focus some attention each day. Set a reminder in your productivity app to take this important daily focus time in honor of the word. Using a grease pencil, China marker, or crayon, write this word on your mirror. Pop Post-It Notes up around your home, in your workspace, in your car, by your bed, wherever you could use a reminder of this focus word. Breathe deeply and try to tap into those where-you-want-to-be feelings every time you see these reminders.

7. 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 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.)

8. 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’s 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.

9. Do a little bedtime listmaking. It’s a myth that starting our day with a task list is the most effective way to get things done. It’s actually far better to close off the day with a combination of listmaking activities, as your sleeping brain will explore solutions your awake brain cannot see. You’ll often wake up knowing what to do with a sense of clarity you’ve never before experienced. Build a muscle for making these lists without distraction, by hand, in a journal:

A. Gratitude: This isn’t the tired old “five things for which I’m grateful” list. This is a list of ONE thing per night, with five reasons you’re feeling appreciation for this thing.

B. Intention: Here’s where you set your intentions for the following day. This *can* get task-list-y, but it needs to be more vibe focused than anything else. Five items, ranked by importance.

C. Focus: Write that big-picture focus word you chose in item #6. Yup. Every night. The act of writing it daily will map it differently than if you just see it posted around your house from that one time you wrote it out.

D. GIGFTNT: What time of day will you clock in to do your #Enoughness work? Sure, this may push from time to time, but commit to a time anyway. You’ll be impressed with how often you get to the work before the time you’ve declared.

E. Downtime: What time of day will you clock in to clock out? So often, we look at our lives for any spare moment to wedge in MORE. I’d like you to commit to a block of time each day to do nothing. No technology. No reading. No talking. No checking things off a list. Just being for a few moments. You’re an artist, and artists’ wells need replenishing. Not when they’ve become so depleted that the well is dry... but daily, so creativity can always be overflowing.

10. 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. 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!

All right, beautiful, let’s DO this! We cannot wait to jam with you!