



# FREE 30-DAY ACTING CHALLENGE



Welcome to Your Acting Jumpstart!

This is your no-excuses, action-packed plan to build skills, confidence, and momentum in just 30 days. No experience needed. Just commitment.



## WEEK 1: FOUNDATIONS

(Focus: Voice, Confidence, First Steps)

Day 1:



Read one page from any script aloud.



Focus: Voice clarity and emotional delivery.

Day 2:



Record yourself performing a monologue.



Rule: No do-overs. Post your first take.

Day 3:



Watch one acting tutorial on YouTube.



Apply 1 tip to your next recording.

Day 4:



Cold read a random script page.



Pretend it's a real audition.

Day 5:

📌 Post your first self-tape in a Facebook acting group.

🔥 Ask: “What’s one thing I can improve?”

Day 6:

📌 Read an acting article/blog.

🔥 Take notes on new techniques.

Day 7:

📌 Perform a scene with a friend/family member.

🔥 Focus: Listening and reacting (not just waiting to speak).



## WEEK 2: SKILL-BUILDING

(Focus: Technique, Range, Feedback)

Day 8:

📌 Do a voice warm-up, then record a new monologue.

Day 9:

📌 Memorize a new monologue (under 1 minute).

Day 10:

📌 Post it online for feedback.

Day 11:

📌 Re-record with better lighting.

🔥 Focus: Eye contact and pacing.

Day 12:

📌 Record a voiceover (e.g., a commercial or audiobook snippet).

Day 13:

📌 Read a chapter from a classic play.

🔥 Analyze: What's the character really saying?

Day 14:

📌 Rest and reflect.

🔥 Journal: "What surprised me this week?"



## WEEK 3: PUSHING LIMITS

(Focus: Emotion, Improv, Body Language)

Day 15:

📌 10-minute improv session.

🔥 Prompt: "You just won the lottery... but lost the ticket."

Day 16:

📌 Mimic a TV character's scene.

Day 17:

📌 Emotional range drill: Act out joy, rage, heartbreak in 60 seconds each.

Day 18:

📌 Cold read a new scene.

Day 19:

📌 Record an emotional scene (e.g., “You just got betrayed”).

Day 20:

📌 Study one acting term (e.g., “sense memory,” “beats”).

Day 21:

📌 Silent scene challenge: Convey a story without words.



## WEEK 4: SHOWTIME

(Focus: Refinement, Real-World Prep)

Day 22:

📌 Record an extreme emotion (e.g., hysterical laughter/sobbing).

Day 23:

📌 Body language drill: Act out confidence, fear, boredom with just posture.

Day 24:

📌 Watch an acting documentary.

🔥 Note: How pros handle rejection.

Day 25:


📌 Re-watch a past performance.

🔥 Critique: “What’s 1 thing I’d do differently?”


Day 26:

📌 Vocal warm-up + projection practice.

Day 27:

 Complete an online acting challenge (e.g., 10-minute scene challenge).

Day 28:

 Record a full scene (solo or with a partner).

Day 29:

 Polish and re-record your best piece.

Day 30:

 Reflect and celebrate!

 Ask: “What’s my next goal?”

## BONUS RULES:

1. No skipping days. Even 5 minutes counts.
2. Post at least 3 videos online (feedback is fuel).
3. Tag #30DayActingChallenge to connect with others.