

Acting Confidence Kit ✨



**Mindset Prompts, Practice Pages &
Audition Prep Tools for Young Performers**

ACTING CONFIDENCE KIT



Welcome, Star Performer!

This kit will help you feel confident, prepared, and ready to shine in every audition or acting class. Remember: you are unique, no one can play your role better than you!

This Kit Belongs To:

MY ACTING GOALS

★ What I Want to Achieve This Month:

- ♥ My main acting goal is: _____
- ♥ I want to improve at: _____
- ♥ I will practice this skill by: _____
- ♥ I'll stay consistent by doing this 3 times per week: _____

My Big Dream (Long-Term Goal)

- ☆ My dream role is: _____
- ☆ I hope to be in a: (circle one) TV Show / Movie / Stage Play / Commercial
- ☆ I want to audition for: _____
- ☆ One step I can take this month: _____

♥♥ Why Acting Matters to Me

-  Acting makes me feel: _____
-  I love acting because: _____
-  When I perform, I feel: _____

★ My Confidence Promise

I promise to believe in myself, try my best, and enjoy every moment of learning.

Signature: _____

Date: _____

CONFIDENCE BOOST PROMPTS

**Read or say these positive reminders before class,
rehearsal, or auditions:**

- ✔ I believe in my talent and my hard work.
- ✔ I bring truth and energy into every scene.
- ✔ My nerves mean I care, and that makes me stronger.
- ✔ I am proud of how far I've come.
- ✔ I grow a little more every time I practice.
- ✔ I don't need to be perfect, I just need to be brave.

My own positive thought today:

AUDITION PREP SHEET

Use this page with a parent, coach, or independently.

Project / Show / Scene Title:

Audition Date:

Character / Role Name:

Casting / Platform:

Director (if known):

What is my character feeling in this scene?

What does my character WANT (goal)?

Relationships in the scene (who am I talking to?)

Voice & Body Notes:

Warm-up needed?

Pace? Volume?

Posture or movement?

Important Lines to Practice:







CHARACTER WORKSHEET

Character Name: _____

Project/Scene Title: _____ Age: _____

Role Type: (Circle one) Supporting / Lead / Background / Featured

CHARACTER PERSONALITY

- _____
- _____
- _____

SCENE OBJECTIVE

What does my character **WANT** in this scene?

What is stopping them? (Obstacle)

CHARACTER BACKSTORY

What happened to my character
BEFORE this scene?

RELATIONSHIPS

Who am I talking to in this scene?

How does my character feel
about them?

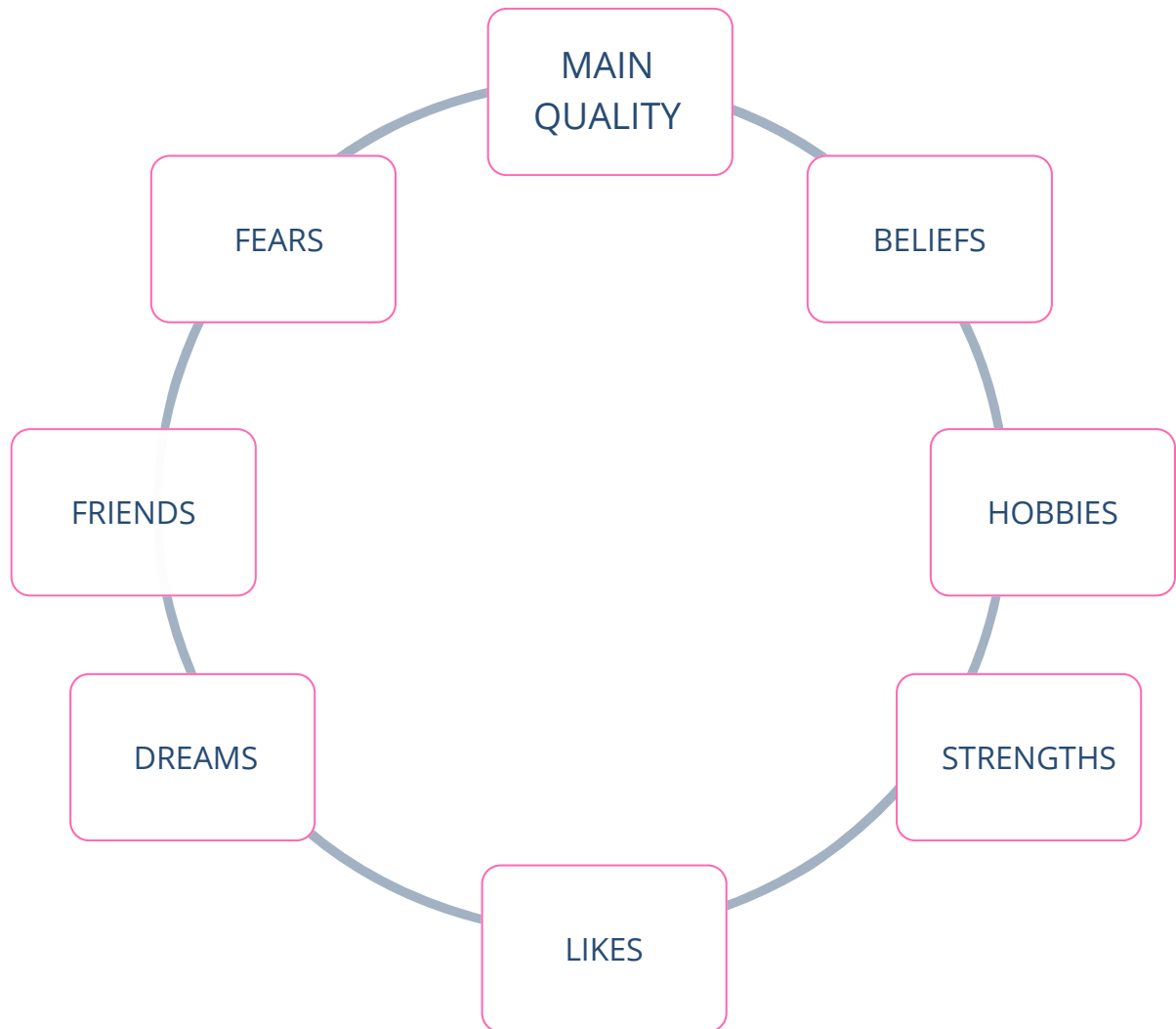
FAVORITE LINE

My Favorite Line from This Scene:

DRAW OR PASTE A PHOTO

Character Mood / Look:

★ CHARACTER CIRCLE ★



PERSONALITY (3-5 WORDS)

DREAMS

DAILY CONFIDENCE TRACKER

Use this page to track your confidence and
practice each day.

Color one star each day you feel proud of your effort.



Total Stars This Month: _____

What helped me feel confident this week:

What helped me feel confident this week:

PERFORMANCE REFLECTION SHEET ✨

About This Performance

Project Title/Scene: _____

Character name: _____

Date: _____

Type of Performance:

☐ Audition ☐ Class ☐ Rehearsal ☐ Self tape

What Went Well

3 things I did well today:

1. _____

2. _____

3. _____

What I Want To Practice Next

2 things I can work on next time:

1. _____

2. _____

Emotional Check-In

How I felt during the performance:

😊 Confident 😊 Calm 😐 Unsure 😬 Nervous 😞 Upset

My Plan for Next Time

One small improvement I will try next time:

✦ HOW TO USE THIS KIT ✦

💖 1. Use it a little each day

Spend 5–10 minutes filling out a page or practicing one activity. Small, daily actions build confidence over time.

🥰 2. Start with what you need most

Choose the page that matches your day:

- Feeling nervous? → Use Confidence Prompts
- Prepping for a role? → Use Character Worksheet
- Audition coming up? → Use Prep Sheet

There's no “wrong order”, this kit is flexible.

🖋️ 3. Be honest and expressive

This is your safe creative space. Write your real thoughts, ideas, and feelings.

Acting starts with understanding yourself.

★ 4. Celebrate every small win

Circle or highlight moments you're proud of, even tiny ones. Confidence grows when you notice your progress.

Quote to Remember

“Confidence starts when you believe in your story.” – FoxArt

THANK YOU, STAR PERFORMER!

I'm so proud of you for taking time to grow your confidence, practice your craft, and believe in yourself.

✨ You Did Something Brave Today

Every time you show up for your acting, you're doing something brave. You chose to focus, reflect, and improve, that's what real performers do.

🎬 Keep Using This Kit

- ✨ Keep using these pages whenever you prepare for auditions or classes
- ✨ Repeat the confidence prompts daily
- ✨ Celebrate every small win, they matter
- ✨ Revisit your goals each month and update them
- ✨ Share the confidence you've built with others

💖 Stay Connected

For more printable tools and confidence resources, visit:
FoxArt.ca

☀️ Final Reminder

"Your story, your voice, and your heart make you one of a kind. Keep shining, keep playing, and keep believing in yourself."

With love and encouragement,
FoxArt

💖 **You've Got This. Keep Believing in Your Story.**