

Video: Fran de Leon

Performer, Writer, Director, Educator

This worksheet was created as a part of Center Theatre Group's Theatre Artist Classroom Connections video series, accessible via CTGLA.org/ClassroomConnections.

Reflection Questions

- What is the one statement or piece of advice from this conversation that spoke to you the most, and why?
- How would you define "collaboration?" What do you look for in a collaborative partner?
- Student participant Robert asked, "What's something you would want to tell your past self that was just starting school?" What is one piece of advice you would tell your past self about studying theatre?
- De Leon states, "Part of doing the work completely means I am taking care of the spirit." What do you do in your daily life to take care of your spirit?
- De Leon talks about how growing up in Hollywood impacted her artistry. How has where you grew up impacted the art you make, or the art you would like to make?

Learning Activity

Write a Mantra: De Leon has a mantra that helps her navigate her life as an artist. Learners will follow the steps below to develop their own mantra to guide them on their creative journey.

1. Identify one or two desires or goals you have for yourself, as an artist, right now. *Example: I want to be able to make art every day. I don't want to be broke or worried.*
2. Turn any negative language into positive language. *Example: I want to be financially stable and get to be creative every day.*
3. Turn it into a declarative statement in the first-person. *Example: I AM financially stable and creative every day.*
4. Shorten, refine or reword if needed until it feels memorable and repeatable. *Example: I feed my art and my art feeds me.*

"JOY IS NOT A CONSTANT. IT COMES TO US IN MOMENTS—OFTEN ORDINARY MOMENTS. SOMETIMES WE MISS OUT ON THE BURSTS OF JOY BECAUSE WE'RE TOO BUSY CHASING DOWN EXTRAORDINARY MOMENTS." — BRENE BROWN