

1. MAKE NOTES ON YOUR IMPROV.

These are prompts – you don't have to list everything. Just note any standout or interesting moments (positive or negative). Write as if your future self will read it for the first time.

- Scene premises and situations (sketch ideas?)
- Characters, personality traits, or attitudes
- Locations, environment, object work, physicality
- Lines of dialogue (including what you *could* have said differently)
- Scenes/Games that succeeded/failed
- Audience reactions (What did they laugh at? What were they transfixed by? What didn't they like?)
- Post-show notes from director/instructor
- Players you worked with
- Goals achieved
- Personal feelings about the show
- **SAFETY ISSUES (physical or emotional) — these are very important. Report any to your producer or theatre company.**

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“Learning the Improv Illusion”

Start leveling up your Physical Improv with this *free email series!*

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Level Up your Improv Skills

Stick the templates below into your notebook for easy reference.

2. REVIEW YOUR NOTES (AWAY FROM THE STAGE).

LOOK FOR:

- Patterns - What ideas/elements/notes/feelings keep recurring?
- Connections - Can you connect notes to create new ideas?
- Reactions - Where do you feel most/least confident/satisfied?
- Future Development - Are there any skills that might benefit from taking a class?

3. SET YOUR OBJECTIVE(S).

What goals can you set based on your review? Be as specific as you can.

- Specific skills to work on (e.g. "Do one scene with object work and try to communicate all 5 senses.")
- Reminders (e.g. "Listen more, talk less.")
- Characters, premises, locations, or other scene elements to bring back and explore
- Bad habits to watch for, but try to express positively (e.g. "Make more assumptions" instead of "Stop asking so many questions")

CHOOSE ONE OR TWO OBJECTIVES FOR YOUR NEXT SHOW/CLASS

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