



## NARRATION AUDITION SCRIPT (Round 1)

**CLIENT:** Harnessing Energy

**PROJECT:** In-House Training for corporation to increase motivation

**DIRECTION:** Our talent is confident, playful, instructional, but not institutional. We are not looking for a traditional corporate read, but rather a talent who represents our company. Compassionate, energetic, caring, strong, assertive, natural. MAKE SURE TO SLATE YOUR NAME

**FILENAME:** *FirstNameLastName\_UVOS\_Narration.mp4 (or mp3)*

### **Energy - this is where things generally go sideways.**

By the time we reach adulthood, we are often weighed down by a slew of expectations, responsibilities, and disappointments that collectively limit our creative energy. Think of your energy as your bank account that has a balance. Without any savings in reserve, it is hard to put a down payment on a new house. Energy is the primary currency of the Universe, and before you can attract what you want, know that you will have to pay for it with your energy.

Energy is a complex subject, and by using the practices in these modules, you have started recouping yours. The more energy you have, the faster you can move toward achieving your goals.

### Here are 8 ways you can focus your energy:

1. Get rid of distractions. First things first: You need to eliminate distractions...
2. Coffee in small doses. ...
3. Make a to do list. ...
4. Put a lock on social media. ...
5. Fuel your body. ...
6. Get enough sleep. ...
7. Set a SMART goal. ...
8. Be more mindful.