

TAKE THE STAGE

A CREATIVE CAREER FRAMEWORK BY AYA HOJADOVA

ESSENCE & PERCEPTION SUMMARY

Essence & Perception Summary

Embodied Data Collection

AYA'S PERCEPTION NOTE

This page helps you turn feedback into something useful.

You are not looking for approval. You are looking for patterns.

1) My Desired Image

Before you review outside feedback, name your own intention:

I want people to experience me as:

_____ / _____ / _____

The roles, projects, or collaborations that feel aligned with my essence are:

2) Feedback Collection (Cast Me Through Your Eyes)

List the people you asked and record responses in one place.

Names / sources:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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ESSENCE & PERCEPTION SUMMARY

Essence & Perception, continued

Recurring essence words (3-5 per person):

Casting suggestions (co-star / guest):

Casting suggestions (lead):

Age perception range (if shared):

Actor comparisons (physical or energetic):

3) Pattern Finder

This is where clarity begins.

Top 5 repeated words I received:

1.

2.

3.

4.

5.

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ESSENCE & PERCEPTION SUMMARY

Essence & Perception, continued

Top 2-3 repeated "types" (energies, archetypes, role lanes):

1. _____
2. _____
3. _____

What surprised me (and feels important):

4) Owning Perception

Feedback is information. Not a verdict.

A perception I want to strengthen intentionally is:

A perception I want to evolve (or use strategically) is:

One way I will work with this data without abandoning myself is:

NEXT STAGE ACTION

Choose one pattern and turn it into one intentional adjustment this week.
Let feedback inform you without handing it the steering wheel.

CONTINUE THE WORK BEYOND THE PAGE

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