



EPISODE ELEVEN Digging Deep

WITH COLIN EGGESFIELD

Just months after landing a plum role on *All My Children*, Colin Eggesfield found his world turned upside down. A testicular cancer diagnosis threatened his career—and potentially his life. But the cancer (which he eventually beat) was just the latest obstacle on his journey from severe shyness to screen success. This week on *The Combustion Chronicles*, Colin, author of *Agile Artist: Life Lessons from Hollywood and Beyond*, tells Chief Ecosystem Disruptor Shawn Nason how he survived rejection, confronted his fears, and realized the power of the mind to attract positive people and outcomes.



@colineggesfield



@CEggesfield



Colin Eggesfield

THEMES & INSIGHTS

1. Finding and pursuing your passion is worth all the rejection.
2. Fear of the unknown leads to anxiety and stress. Have courage to ask for help and face your situation head-on. Know what you're up against.
3. Don't try to fit in. The more you can show the world your uniqueness, the more you allow the right people to connect with you.

COMBUSTION QUOTES



"You can manifest any reality you want by feeding your brain with the imaging and the wording and the feeling of whatever it is you wanna create in your life.... Call it coincidence, but I've done that several other times in my life where I've literally sat down and visualized what I wanna create in my life and it's happened."



"Stand up for what you want. Stand up for what you believe. Voice what your concerns are. Voice that you don't wanna do something. Tell people who you really are so that you don't waste their time, that they're not wasting your time."



"One of my acting teachers said, 'Thirty percent of the people you meet in life, they're gonna like you. They're gonna like your performance. They're gonna think you're great. Thirty percent of the people in this world are gonna think you suck. They're gonna not like your performance. They're gonna not like you for whatever reason or another. And the other 40% in the world aren't gonna give a f*ck. So you might as well do what you wanna do, what makes you happy, and the people that like you are gonna find you. And you surround yourself with those people.'"

RESOURCES

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