

FADE IN:

INT. LIZ LEMON'S TGS OFFICE, NEW YORK CITY - DAY

TINA FEY sorts through a mound of papers piled on her desk.

TINA

Oh, hi. Tina Fey, here. Just gearing up for a hectic production day. You might be surprised to know, it's not the big changes that have occurred in my life that keeps me motivated.

She stands up. Behind her we see a shelf crammed with a gratuitous amount of awards.

TINA (CONT'D)

(gestures to shelf)  
- like winning awards...

She flicks a piece of lint off an Emmy award.

CUT TO:

EXT. MAGAZINE STAND, NEW YORK CITY STREET - DAY

Tina buys a paper at a magazine stand, catches a glimpse of herself on a magazine cover.

TINA

(modestly)  
- or landing on a cover or two...

She lingers, bashfully awaiting the merchant to recognize her. He does not. She wilts a bit.

CUT TO:

INT. 30 ROCKEFELLER CENTER BUILDING, LOBBY - DAY

JACK MCBRAYER and Tina emerge from an elevator. ANGLE ON a group of tourists huddled nearby. Tina spots them.

TINA

- or even gaining a little fame.

She gives a knowing look to the camera anticipating the group's response to seeing her.

FAN #1

Look, there's Jack McBrayer!

They surround him like flies. She stands humbly alone.

CUT TO:

EXT. CENTRAL PARK LAKE, WALKING PATH - DAY

Tight on Tina's face, breathing hard, looking energized.

TINA

What truly keeps me going is the one  
small change I've made in my life -

Cut to wider shot to reveal her briskly walking on a path.

TINA (CONT'D)

- taking time everyday to just breathe  
in and out.

She inhales deeply, picks up her speed revitalized.

CUT TO:

INT. LIZ LEMON'S TGS OFFICE - LATER THAT DAY

Tina plops down on the couch, flushed, blood pumping, feeling recharged. She clutches a bottle of Propel.

TINA

Then I can enjoy the greatest reward  
there is - the way I feel right now.

She takes a gulp of Propel, then leans back feeling proud.

SUPER: Feel good in a whole new way.

VO: Water enhanced with vitamins and antioxidants to  
replenish, energize and protect your body with every sip.

SUPER: Propel.

CUT TO:

INT. LIZ LEMON'S TGS OFFICE-CONTINUOUS

TRACY MORGAN pops his head in.

TRACY

Dang, girl. You look smokin' hot!

She smiles real big.

**30 ROCK PROPEL** "Caught Feeling Good"

3.

VO: Log on to [NBC.com](http://NBC.com) to tell us what makes you feel good in a whole new way.

FADE OUT.