



Video Rookie Assessment

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Video Rookie Assessment

Imagine having the TOOLS and the MINDSET to create VIDEOS that show your Tribe how AH-MAZING you are!

There is no good or bad when it comes to your video journey.

There is just the JOURNEY.

And it comes with highs and lows, with times of frustration and times of celebration.

And then comes the joy of sharing your awesomeness with your dream clients, the simplicity of **showing them exactly** how ah-mazing it is to work with you, and the thrill of showing up as an influencer in your field!

Sooooo dreamy.

Below you'll find your Rookie Video Assessment. Use this tool to better understand what skills you need to develop *and* what mindset blocks you need to bust through, in order to **ignite your tribe through video.**

If you're like, Wow, I need to learn a lot... Fear not. Video is ALL about baby steps and keeping your learning curve as SIMPLE and ACHIEVABLE as possible. You can do it!!

And as always...

Dream up,

Sarah

Sarah Michelle Brown
Your Virtual Video Director



Video Rookie Assessment

Answer these Qs to get a snap shot of where you are right now in your video journey, and to get REAL about what's holding you back:

1. Have you tried making a video before? If Yes, how was the experience? If No, why haven't you tried?

2. List 5 reasons why you're nervous/scared/overwhelmed about making videos:

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3. Time for a MINDSET check-in. It's important to be honest here. On a scale from 1 - 10, how comfortable are you in these areas, when it comes to putting yourself out there in your videos? Remember, this is strictly how you FEEL about these areas.:

- Your age
- Your size/weight
- Your overall appearance
- Your facial features
- Your unique beauty
- Your wardrobe
- The condition of your skin
- Your voice
- Your personality
- Being "interesting" enough

4. On a scale from 1-10, how comfortable are you CURRENTLY with:

- Pressing record
- Being comfy on-camera
- Using your camera
- Having decent lighting
- Knowing what to say
- Knowing where to position your camera
- Editing your videos
- Releasing videos to your tribe
- Knowing how to get good sound

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5. Video Rookies are much more likely to be HARD on themselves while filming. List 10 reasons why you are AH-MAZING and why YOU should SHARE your message, your products and your services with the world using video:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

About SARAH

Sarah Michelle Brown's passion is for telling stories that reach out and give audiences a powerful experience. She is a multifaceted artist who writes and directs for the stage, in music videos, documentaries and film.

Since studying at the Neighborhood Playhouse School of Theater in New York City, Sarah has been writing, directing and producing her own film and theatre projects.

Most recently, Sarah has turned her 15+ years experience in front of and behind the camera, into a method of training entrepreneurs how to uplevel their on-camera presence.

Videos that Shine is the one-stop-shop to learn how to express yourself and authentically speak to your ideal customers through your video content.

Sarah also conceptualizes and live-directs exclusive videos for her Fabpreneur clients, and continues to create her own artistic projects.

Check out how we can work together. Click [HERE](#) or visit: www.videosthatshine.com/work-with-me/

