



“IT’S BETTER TO BE IMPERFECT  
THAN TO BE ABSENT.”

by  
SARAH Michelle Brown



# IMPERFECTION ROCKS!

***Hey VideoStar!***

Indeed, imperfection can be the source of MAGIC in your videos.

Let's do a deep dive into kicking the Inner Critic to the curb so that you can tap into your own *glorious* imperfections.

*Let's Do This!*

And as always...

Dream up,

*Sarah*

Sarah Michelle Brown  
Your Virtual Video Director



## Writing Exercise #1

Take a moment for yourself and write down what the Inner Critic wants you to believe about your ability + desire to make videos:



## Writing Exercise #2

What is your Inner Critic trying to protect you from:



## Writing Exercise #3

What AMAZING experiences + opportunities are on the other side of stepping outside your comfort zone (dream fully):



*Be sure to share your  
questions and ah-hahs in the  
Facebook group!*