

Your Authenticity

Sweet Sheet

Created by

SARAH Michelle Brown

Welcome!

Greetings!

If you're here, it should mean that you've watched the first video from my training series. If you haven't, check it out *before* moving forward.

Okay, it's time for you to do a bit o' diggin' into your video blocks.

Dive on in, keep an open mind and have some fun with this.

IMPORTANT:

Make sure you share your findings in the group. Be active, ask your Qs and support your fellow adventurers.

It's the BEST thing you can do for your video journey.

See you in the next training video!!!

Dream up,

A handwritten signature in black ink that reads "Sarah". The letters are cursive and fluid, with a long horizontal stroke under the "a".

Sarah Michelle Brown
Your Virtual Video Director

Identify Your Defences

Check the defence mechanism(s) that you currently use when you feel freaked out by video:

Copycat

Shriner

Other (specify):

Frankenstein

Robot

How do you FEEL when this mechanism kicks in?

Afraid

Angry

Boring

Defeated

Disgusted

Over-exposed

Failure

Fraudulent

Frustrated

Gross

Harsh

Heart-pounding

Hidden

In danger

Naked

Nervous

Not good

enough

Old

Scared

Scattered

Self-critical

Small

Terrified

Ugly

Unprotected

Unsafe

Unseen

Unsupported

Untalented

Voiceless

Yucky

**WRITE DOWN THE FEELINGS THAT
SPEAK TO YOU THE MOST:**

You are Enough

Yes indeed.

Just like Dorothy in The Wizard of Oz, you already have everything that you need within you.

You just need to deal with your defence mechanisms and the fear factor.

So, let's get your mind focused on how you WANT TO FEEL in your videos, instead of what's currently showing up.

It's time to write your List of YAY!

Beautiful as you are	Imaginative
Calm	Interesting
Captivated	Open
Compassionate	Optimistic
Creative	Passionate
Delighted	Peaceful
Ecstatic	Playful
Empathetic	Rebellious
Empowered	Relaxed
Engaging	Safe
Enthusiastic	Saucy
Excited	Smart
Filled up	Spontaneous
Free	Sweet
Generous	Thankful
Genuine	Trusting
Grounded	Undersanding
Happy	Wise

**WRITE DOWN THE FEELINGS THAT
SPEAK TO YOUR THE MOST:**

SHARE the (video) love!

Lovin' this series so far?

(But of course you are, hehe.)

SHARE the (video) love by [TWEETING the training series out to your friends.](#)

AND of course...

[Head on over to the group and SHARE YOUR DISCOVERIES!](#)

#WeGotThis

See you in the next training video!

Dream up,

Sarah

Sarah Michelle Brown
Your Virtual Video Director

About SARAH

I'm a **real-life filmmaker** and I also **work with big-dreaming 'preneurs (like YOU)** who want to play it bigger in their biz by making amazing videos.

The only problem is you feel awkward on-camera, you don't know where to start when it comes to content and structure, let alone video production, and you're terrified to put yourself out there.

Heck, just thinking about making videos makes you break out in a sweat and your heart race!

It doesn't have to be this way.

I teach you how to be **CONFIDENT + FULL OF PERSONALITY** on-camera and make **AMAZING** videos so that you become fearless about putting yourself out there and build genuine, loyal connections with your audiences.



[**CLICK HERE TO LEARN MORE
FUN STUFF ABOUT SARAH**](#)