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,

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☐ Shrinker☐ Other (specify):	☐ Frankenstein ☐ Robot

How do you FEEL when this mechanism kicks in?

Afraid WRITE DOWN THE FEELINGS THAT Not good enough Angry SPEAK TO YOUR THE MOST: Old Boring Defeated Scared Disgusted Scattered Over-exposed Self-critical Failure Small Fraudulent **Terrified**

Frustrated Ugly
Gross Unprotected
Harsh Unsafe

Heart-pounding Unseen

Hidden Unsupported In danger Untalented Voiceless Nervous Yucky

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

Calm

Captivated
Compassionate
Creative
Delighted
Ecstatic
Empathetic

Engaging
Enthusiastic
Excited

Empowered

Filled up Free

Generous Genuine

Grounded

Happy

Imaginative

Interesting

Open Optimistic

Passionate

Peaceful Playful

Rebellious Relaxed

Safe

Saucy

Smart

Spontaneous

Sweet Thankful Trusting

Undersanding

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 <u>TWEETING the training series out to your friends</u>.

AND of course...

Head on over to the group and SHARE YOUR DISCOVERIES!

#WeGotThis

See you in the next training video!

Dream up,

Sarah Michelle Brown Your Virtual Video Director

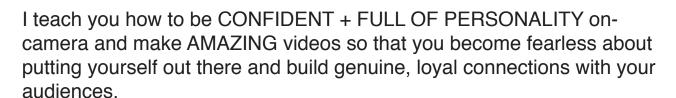
About SARAH

I'm a real-life filmmaker and I also work with bigdreaming '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.



CLICK HERE TO LEARN MORE FUN STUFF ABOUT SARAH