

Fun Starter Tools

Sweet Sheet

Created by

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Welcome back!

Hallo!

Okay, first up, you're freakin' awesome. I know first-hand, how intimidating video can feel.

But You Are Here.

Okay, dive on into today's Sweet Sheet, and have some fun with these exercises.

Think outside the (video) box. ;-)

Dream up,

Sarah

Sarah Michelle Brown
Your Virtual Video Director

Your Promise

Remember that vow about Rocking Your P.O.P. (Process of Practice) from today's training?

Well, just in case you *didn't* do it while watching the video, it's time to do it *now*.

Why? Because practice is soooooo key to your video adventures.

Buwahahahah!

Place your hand over your heart and repeat after me:

“I promise to Rock My P.O.P.”



Relax

When you first start making videos, the stress, fear and intimidation that can come up, are very real things that you need to deal with, *until* you feel more comfy on-camera.

So let's find things YOU can do to *counter* that gut reaction.

List 5 different activities you can try out, to help you relax before, during and after filming.

Some inspiration for ya:

Dance, Draw, Exercise, Garden, Massage, Meditation, Mindfulness, Paint, Spa day, Walk, Yoga...

NOW IT'S YOUR TURN:

Phone-a-Friend

Let's compile another lovely list. This time think about the loved ones you can call upon to help you with your **early practice videos**.

It can be suuuuper-handy to bring someone in the room with you, either physically or by sticking their photo beside/under your camera, to help you to feel like you're actually *talking* to someone.

This person should be 100% supportive and someone you feel comfortable and genuine with.

Some great examples of who you can bring into the room with you, include: Your partner, spouse, friends, children, fur babies...

So...

**WHO CAN YOU BRING INTO THE
ROOM WITH YOU:**

Share the (video) love!

More wonderful ah-hahs await you in the last training video!

Diggin' this content? [Tweet 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



*Be sure to leave
a comment in the
Facebook group!*

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.



WANT TO WORK TOGETHER?

