

# Filming Checklist



by **SARAH Michelle Brown**

# Yay You!!

Hey VideoStar (in-the-making) ~

I'm beyond excited that you grabbed this freebie!

I understand how intimidating it can feel when you first start making videos.

But you're taking it one step at a time – and that's a GREAT thing.

Use this checklist to help you understand (and practice) the process of getting ready to film your (amazing) videos.

Dream up,

*Sarah*

Sarah Michelle Brown  
Your Virtual Video Director



# NOTE:

You don't have to do ALL of the following steps.

Many days, I just grab my talking points, get my light, camera 'n' mic going and then go *live*.

That's the magic of video...

**YOU get to decide what level video you want to make!**

And now without further ado...

# Your Filming Checklist!

## ***BEFORE THE FILMING DAY:***

1. Create your script or talking points
2. Depending on the complexity of your video, brainstorm concept ideas
3. Test out your wardrobe to see what looks good on camera ([see this tutorial](#))
4. Test out your hair + makeup to see how it looks on camera
5. Decide on where you're going to film – and see how it looks on camera... **yep, there's a trend here!**
6. Test out your lights, camera and microphone to make sure everything is working okay
7. Make sure your camera + batteries are charged
8. Decide on your call to action
9. Set your lights and camera where you'll be filming (and leave it up if you can)

# ON THE FILMING DAY:

1. Set up your lights, camera and mic if you couldn't keep them up from the previous day
2. Plug in equipment
3. Go through your talking points / script
4. Play some music that helps get you in the *emotional* mood throughout the process
5. Get dressed
6. Do your hair + makeup
7. Warm up – get yourself in the right *physical* space for the shoot
8. Get a glass of water and place it near where you'll be filming (a place that's in arm's reach and not near equipment – a side table if you've got one)
9. Film a quick test to make sure everything's still working
10. Put household phones on silent
11. Request quiet from the household (if necessary)
12. Launch any necessary filming programs/platforms
13. Make sure you'll be posting to the right space (especially for live streams)
14. Close your eyes and set a positive intention for how you're about to uplift someone
15. Open your eyes, press that "record" button or go live
16. Have fun, be flexible and engage your peeps!

# LET'S WORK TOGETHER

If you're keen to skip the proverbial first date and dive right on into video marriage, then don't let your FEAR stop you. Just head on over and choose the way that YOU want to work with me.

As a filmmaker and video coach, I absolutely LOVE working with (amazing) heart-centred entrepreneurs who are struggling to show their best selves in their videos.

Oh and did I mention, they're feeling completely overwhelmed by the process?

If this sounds like YOU, know that you can start breathing again.

**I'm here to help you learn cool stuff like:**

- Getting CONFIDENT in your videos.
- SHINING on-camera.
- Speaking directly to the heart of your dream clients through video.
- Discovering simple tech solutions that fit YOUR needs.
- Making pressing Record FUN and PROFITABLE!

Fun stuff! If you're ready to take the "eek" out of pressing record, then [\*\*CLICK HERE\*\*](#) and let's get started!

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Sarah Michelle Brown  
Your Virtual Video Director

