



PRACTICE MAKES
PARFAIT

by

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VIDEO LOVES “ACTION”

Hey VideoStar!

Creating a new habit is a tricky thing.

Especially when you’ve got resistance around it.

However, the *thing* about making sweeeeet videos, is the ONLY way to get better IS to take action.

Thinking + dreaming about your awesomeness on-camera simply won’t cut it.

Consider this: When I’m directing a film, I call “ACTION” to get everything started.

Action is where YOUR video journey resides.

Speaking of which, dive on into the exercises below + share your ah-hahs in the group.

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



REWARDS

One way to help yourself take video ACTION is to reward yourself each time you DO press the record button. Who ever said video can't be fun?

Video Desserts can come in any number of forms: get a massage, eat some chocolate, put a dollar in a jar every time (save up for a treat), etc.

Write down 5 fabulous ways that you can give yourself a Video Dessert each time you press the record button:

1.

2.

3.

4.

5.



WHAT'S IN THE WAY?

If you're finding that you're hiding from your video camera, it's time to dig a lil deeper:

1. How do you feel when you think about pressing the record button?
2. How do you feel when you decide to NOT press the record button?
3. What kind of results do you want when you make your early videos?



WHAT'S IN THE WAY?

(cont'd)

4. Habits need a trigger event, such as waking up, going to bed, turning on your computer.

List 5 common events that can serve as your trigger to turn on your camera and press the record button:

5. Accountability partners go a lonnnng way towards getting your booty to take action. Have you found an accountability partner in the group yet?

[If not, head on over and find someone.](#)

Sometimes, NOT getting an accountability partner is a way to NOT do the work.

Make sure you put your video journey ahead of your fear.

If you already have a partner, make sure you USE that resource to keep you on track!



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