



TWO POWERFUL VIDEO MINDSETS

by

SARAH Michelle Brown



LET'S SHIFT YOUR FOCUS

Hey VideoStar!

In the video you learned two extremely powerful mindset shifts that will help you get comfy on-camera and make better videos.

As hard as you may try to hide your nerves and your fear in front of the camera, that ol' say is soooo true:

"The camera never lies."

The energy that we're most connected to while looking into the lens, shows.

People can feel your inner-journey while watching your videos.

Starting at the Beginning + Cultivating an Adventure Mindset go a lonnnng way to help you begin your Video Journey on the right foot!

Rock the following writing exercises to get your mind / body / spirit charged for module one!

And as always...

Dream up,

Sarah

Sarah Michelle Brown
Your Virtual Video Director






START AT THE BEGINNING

First up, let's just get it out of your system. Do a brain dump of:


1. ALL the amazing things that you want videos to DO for you + your biz.
2. The high-as-the-sky version of how you want to BE in your videos.
3. The ultimate dream of the type of QUALITY you want your videos to be.

LET'S DO THIS!

1. List ALL the amazing things that you want videos to DO for you + your biz. How do you want video to change your lifestyle, your income, your career, etc. Think dream life!



2. Write out the high-as-the-sky version of how you want to BE in your videos. How do you look, behave + feel. Include an amazing vision of how you want others to respond to you in your videos. Think, ultimate goal.



3. Write out the ultimate dream of the type of QUALITY you want your videos to be. What type of people, influencers and clients are *attracted* to your amazing videos? Dream big!



HERE'S HOW YOU GET CLOSER TO YOUR ULTIMATE VIDEO GOALS...

ONE STEP AT A TIME.

If you stay focused on that end result, overwhelm and frustration will meet you at the front door.

Your *first* steps involve getting comfy and confident on-camera AND Being able to breath and relax on-camera.

And trust me, most of the OCB students won't start out there. Most will be being scared of putting themselves out there, of being bad at doing this.

I understand.

However, keep these thoughts in mind:

- Let your nerves and your fears show up in your upcoming practice videos.
- Take the simple step of pressing the record button as often as you can during the On-Camera Bootcamp.
- Share your baby steps with the group and let us cheer you on.
- Whenever you feel that gap between what you want and where you're at, pat yourself on the back for your current progress.
- Know that EVERY time you press the record button, you're getting better at this – whether you see the difference or not – the transformation is happening!



YOUR VIDEO BEGINNINGS

It's time for another wee Writing Mission. In the space below, write down what you know about where you're starting from when it comes to making videos and being on-camera.

And at end of it add "I'm soooo awesome!!!" (I'm serious, lol, add that at the end). I'm giving you 1 1/2 pages for this puppy.

And... GO!



YOUR VIDEO BEGINNINGS (continued...)



YOUR ADVENTURE MINDSET

Yep, the Adventure Mindset goes a loonnng way in helping to reduce frustration, overwhelm and self-criticism. Let's not make this a painful chore!

So, list ALL the ways that making your Practice Videos could become an **adventure** for you.

Get creative and HAVE FUN. Let yourself explore.

Here are a few quick suggestions to spark your imagination:

- Play dress up when getting ready.
- Bring your pets, friends, loved ones or kids into the Practice Videos with you.
- Play music and dance before you shoot or while you shoot. :-)

Okay, let your mind run free, VideoStar:



YOUR ADVENTURE MINDSET (continued..)



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