



# THE 3 KEY INGREDIENTS TO VIDEO SUCCESS

by

SARAH Michelle Brown



# THE 3 KEYS...

## ***Hey VideoStar!***

You learned about the 3 Key Ingredients to Video Success in the On-Camera Bootcamp.

It's time to set yourself up to shine in your videos.

And as always...

Dream up,

*Sarah*

Sarah Michelle Brown  
Your Virtual Video Director





# CHANGE IT!

It's time to create a plan for the times when frustration rears its ugly head.

List 10 different ways that you can change up your energy when Video Frustration pops up:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



# WORK IT!

Let's go through the *Reasons*. You know the *Reasons*. The *Reasons* are the clever ways that resistance shows up.

They make us believe that we can't press the record button.

List 5 of your *Reasons* for avoiding making videos from the past, and share them in the Facebook Group:

1.

2.

3.

4.

5.



# SCHEDULE IT + WING IT!

When it comes to filming your videos for the On-Camera Bootcamp, consistency is key to your progress.

There are two ways to approach these videos:

One is to film them completely spontaneously.

The other is to schedule time to get it done.

Your Video Adventure here, is to schedule some time next week to do some filming (*you've got some Video shooting Missions heading your way*).

- Take a look at your calendar and find 5 times that might work for you. Give yourself at least 30 minutes for each time slot, just in case.
- Also, take note of times and days where you might be able to just wing it, so that it's super low-pressure (E.g.: while walking the dog, while getting breakfast ready, while hanging out with friends).



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