



123
VIDEO MISSION
IDEAS

by
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CHOOSE YOUR OWN ADVENTURE!

Hey VideoStar!

If you've already rocked the previous Video Missions and want to **keep up your on-camera progress**, choose from the list included, and film up to 5 more practice videos this week.

You can also return to this list, whenever you want, to keep your on-camera chops tuned up!

You can do it!

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



123 VIDEO MISSION IDEAS

Choose, film + post your faves:

1. What do you like least about living in your city/town?
2. What do you like most about living in your city/town?
3. How have you changed since you were a kid?
4. Do you untie your sneakers before taking them off? Why?
5. What are three websites that you visit daily?
6. What are three smart phone apps that you can't live without?
7. How do you keep up to date with the news?
8. What is your morning routine like?
9. What is your evening routine like?
10. What is the first thing that you think of in the morning?
11. What is the last thing that you think of before you go to sleep?
12. If you could invent a holiday, what would it be?
13. If you had to give up one of your five senses, which one would it be and why?
14. What would you do if you won the lottery?
15. What would you do if you couldn't use the internet or watch TV for a month?
16. If you could try out any job for one week, what job would you choose to try?
17. If you could eliminate one thing that you did everyday, what would it be?
18. If you could spend one hour with any living person, who would it be and what would you choose to do?
19. What are your favourite *and* least favourite parts of your week?
20. What did you learn in this past week?
21. What do you think your life will look like in 10 years?
22. What would you like to do when you retire?
23. What do you like to spend your money on?
24. Do you prefer to relax in your free time or do something active?



(cont'd)

25. Do you prefer to wear fashionable clothes or comfy clothes?
26. What's your fave comfort food?
27. Do you prefer to eat at home or eat out?
28. If someone you were trying to impress was coming over to your home for dinner, what would you make for them?
29. What was your worst restaurant experience?
30. Do you prefer to travel or stay close to home?
31. When going on a vacation, would you prefer to join a tour or plan out everything by yourself?
32. What's your fave thing about going on vacation?
33. What's your least fave thing about going on vacation?
34. Have you ever gone on vacation by yourself?
35. What do you like to do when you go to the beach?
36. Do you prefer to have many friends or just a few close ones?
37. What qualities do you value most in a friend?
38. What is the first thing that you notice when meeting someone new?
39. What do you think the best invention is?
40. What is your fave place to be?
41. If you could learn ANY skill, what would it be?
42. Do you believe in luck or do you believe that people make their own luck?
43. If money was not an issue, what would you do with your life?
44. What do you do to get rid of stress?
45. What is something you're obsessed with?
46. Who is your oldest friend? Where did you meet them?
47. What were you really into when you were a kid?
48. What would be your perfect weekend?
49. Where is the most beautiful place you've been?
50. What do you bring with you everywhere you go?



(cont'd)

51. If you had to change your name, what would your new name be?
52. How much time do you spend on the internet?
53. How should success be measured? By that measurement, who is the most successful person you know?
54. Was there ever an event in your life that defied explanation?
55. If you could learn the answer to one question about your future, what would the question be?
56. Has anyone ever saved your life?
57. What do you do to improve your mood when you're in a bad mood?
58. What is the silliest fear you have?
59. What was the last movie you watched? How was it?
60. Do you prefer to watch movies in the theater or in the comfort of your own home?
61. What book has had the biggest impact on your life?
62. What was your fave book as a child?
63. Do you prefer physical books or ebooks?
64. What song *always* puts you in a good mood?
65. Which do you prefer, popular music or relatively unknown music?
66. Where is the most relaxing place you've been?
67. Where is the most awe-inspiring place you've been?
68. Do you prefer traveling alone or with a group?
69. Where would you like to travel next?
70. What's the best thing about traveling?
71. Do you care about fashion? What style of clothes do you usually wear?
72. If you didn't care at all what people thought of you, what clothes would you wear?
73. What is the craziest, most outrageous thing you want to achieve?
74. What are some goals you've already achieved?



(cont'd)

75. What personal goals do you have?
76. What do you hope to achieve in your professional life?
77. Have your parents influenced what goals you have?
78. Do you usually achieve goals you set? Why or why not?
79. What is the best way to stay motivated and complete goals?
80. How do you plan to make the world a better place?
81. What is your favourite holiday?
82. What is your favourite food?
83. What foods do you absolutely hate?
84. What food do you know you shouldn't eat but can't help yourself?
85. If your life was a meal, what would kind of meal would it be?
86. If you could call up anyone in the world and have a one hour conversation, who would you call?
87. You have to relive one day of your life forever. Which day do you choose?
88. If your mind was an island, what would it look like?
89. A portal to another world opens in front of you. You don't know how long it will stay open or if you'll be able to get back after you go through. What do you do?
90. If you had a personal mascot, what would your mascot be?
91. You find a remote that can rewind, fast forward, stop and start time. What do you do with it? Why?
92. If you were a king / queen, what would your throne look like?
93. How have your strengths help you to succeed?
94. Who do you know who is living life to the fullest?
95. What is the most beneficial emotion? How about the most destructive?
96. Where did you grow up?



(cont'd)

97. If you could live anywhere in the world, where would it be?
98. Do you have anything fun planned for the weekend?
99. How are you today?
100. If you could be an animal, what would you be and why?
101. What did you do this past weekend?
102. Do you believe in love at first sight?
103. What is one thing you miss about being a kid?
104. What was the highlight of your day today?
105. What is your most embarrassing moment?
106. What are you scared of?
107. Would you prefer to live in the city or a rural area? Why?
108. What is the best thing that happened to you during the past week?
109. Do you usually break the rules or follow them?
110. Are you more of a spontaneous or structured person?
111. How would your friends and family describe you?
112. How have your goals changed as you've gotten older?
113. Describe your dream house to us.
114. If you had intro music, what song would it be? Why?
115. What *three* words best describe you?
116. What's the best thing to do on a hot summer day?
117. What's the best thing to do on a cold winter day?
118. What is your favourite smell?
119. Are you messy or organized?
120. Do you prefer to receive money or an actual gift?
121. What is your favourite day of the year?
122. If there was an extra hour every day, what would you do with it?
123. What type of movies do you like to watch?



*Be sure to share your
Video Missions in the
Facebook group!*