



TRANSFORM FEAR INTO FABULOUS

by

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FEAR... Eegads!

Hey VideoStar!

Are you ready to bust through your video fear?

I've got TWO writing exercises PLUS a Maslow's Hierarchy of Needs exercise for ya.

So light a candle, grab a tea and get to the heart of what's holding you back when it comes to being on-camera.

Take the time to dig deep and to TRULY answer these questions. The more digging you do, the more ah-hahs you'll unleash.

NOTE: Some tough stuff may surface, so be kind to yourself.

Be sure to share your findings in the group.

We've got your back!

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



WRITING EXERCISE:

What does your video fear
keep you safe from?





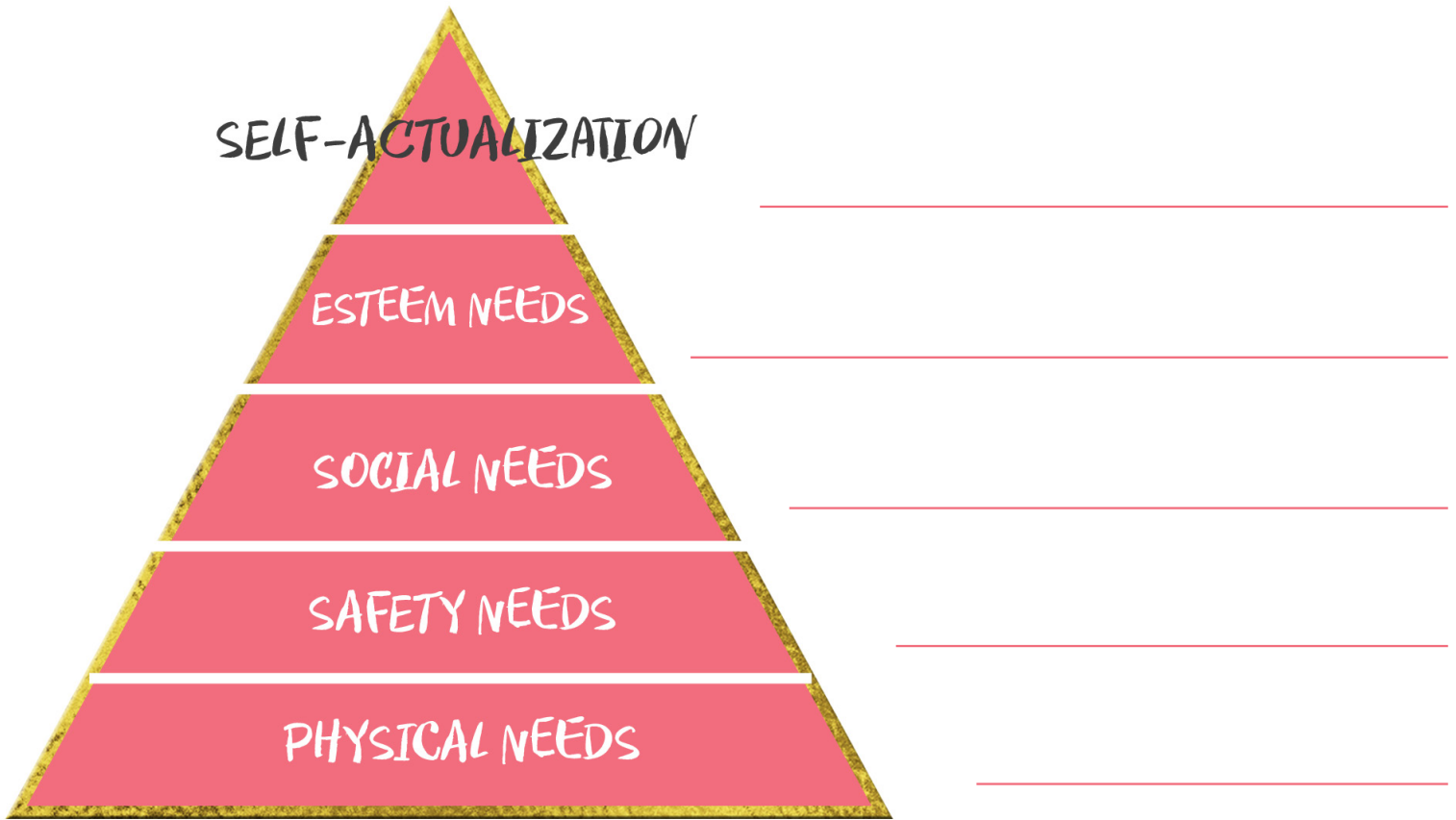
WRITING EXERCISE

What does your video fear
hold you back from?



MASLOW'S HIERARCHY OF NEEDS

Use the space below to document where you're at in your video journey. Use the extra space provided to brainstorm how you can improve each of the areas.



EXTRA NOTES:



EXTRA NOTES

(cont'd)



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