



# BANISH YOUR INNER CRITIC

by

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# HAHA INNER CRITIC, BE GONE!

## ***Hey VideoStar!***

It's time to take ACTION to give your video Inner Critic the *boot*.

Head on down, rock these exercises and get the tools you need to gain more on-camera confidence.

*Woo!*

And as always...

Dream up,



Sarah Michelle Brown  
Your Virtual Video Director



# GO BACK IN TIME...

Remember the Time Warp list that you created in the last module?

You made a list of ways that you can stay focused in the present moment when making your videos.

Grab that list, and give it a once over (*or do the exercise if you haven't already done it*).

You can USE that list to help you get warmed up for your videos too!!

**Go ahead and add some more ideas to get you in the *filming* mood *and* raise your energy, below:**



# FILL THE “WELL”

As a writer and director, I do something called “filling the well”. Essentially, I take “me” time to rejuvenate, to experience new things, to add fresh ideas to my “creative well.”

**It’s time to fill a well of your own.**

Except your “well” is about focusing on the things YOU do WELL in your videos.

**So, from here on in, your *on-going* action is that EVERY time you press the record button, write down AT LEAST 3 things that you did *well*.**

It can be big or small.

Positive reinforcement = size doesn’t matter.

EVERY time you acknowledge the good stuff, your Inner Critic loses some power.

Yes!!!!

**PRINT up multiple copies of the next page to help you stay on top of this action.**

# MY VIDEO WELL

## WHAT I DID WELL:

1.

2.

3.

## WHAT I DID WELL:

1.

2.

3.

## WHAT I DID WELL:

1.

2.

3.

## WHAT I DID WELL:

1.

2.

3.





# PLAY TIME!

Ready to have more FUN in your videos?

Brainstorm 10 ways that your videos can become your PLAY DATES:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



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