THE "ORDINARY WORLD" EXERCISE

SARAH Michelle Brown

YOUR WDEO SNAPSHOT

Hey VideoStar!

Getting to the heart of shining in your videos requires you to take another awesome action.

The word "authenticity" gets thrown around A LOT.

But, there's a reason why... being authentic, being YOU, goes a LONG way.

Especially in your videos.

Grab a tea and rock this lil check-in of how you approach VIDEOS, your biz and life.

HINT: They're connected to each other. :-)

ALSO, you can follow along with these Qs in the video or the audio lesson if you want.

And as always...

Dream up,

Sarah Michelle Brown

Your Virtual Video Director

ANSWER THESE FAB 10 Q'S

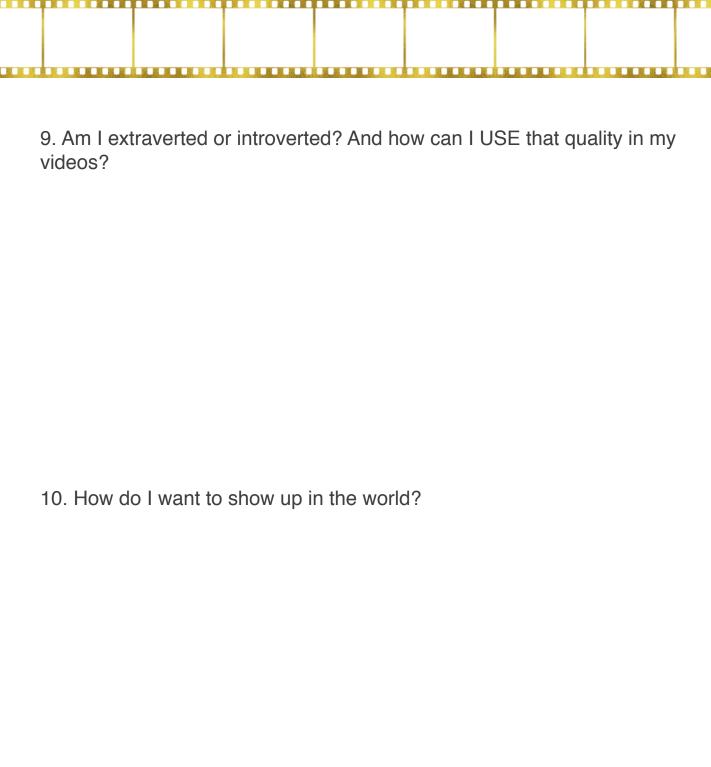
1. What was my favourite fairy tale? Why?

2. Do I generally play it safe or take risks?

3. How do	I want my	videos to	affect peop	ole watchir	ng?	
4. Do I war my videos?		ol everythi	ng or go w	ith the flow	when it c	omes to

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5. Do I live in the moment when I'm in front of the camera, or are my thoughts taken up by the past and/or future?										
6. Am I opt	timistic or	pessimistic	c, and how	does it ma	anifest in r	ny videos?)			
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11. Is there anything else you'd like to add as a kind "note to self", for where you're at in your video journey?

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