



THE “ORDINARY WORLD”
EXERCISE

by

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YOUR VIDEO 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 people watching?

4. Do I want to control everything or go with the flow when it comes to my videos?



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 optimistic or pessimistic, and how does it manifest in my videos?




7. What do I worry about MOST when it comes to putting myself out there?

8. What do I WANT from my videos?



9. Am I extraverted or introverted? And how can I USE that quality in my videos?

10. How do I want to show up in the world?



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!*