THE "WHY" THAT WILL CHANGE YOUR WDEOS FOREVER

SARAH Michelle Brown

LET'S DO THIS!

Hey VideoStar!

It's time to get your *desire* to create videos MUCH stronger than your *fear* of making videos.

In your very first Video Mission, you had one minute to tell us WHY you want to make videos.

Get ready to go deeper!

It's time to rock a couple writing exercises. :-)

Keep in mind, that if your fear is still SUUUUPER high, that it will take additional commitment and time to get you in that MAGIC zone.

You. Can. Do. It.

And as always...

Dream up,

Sarah Michelle Brown

Your Virtual Video Director

YOUR PASSIONATE "WHY" Writing Exercise #1

This writing exercise is inspired by Natalie Goldberg's amazing book: *Wild Mind.*

The Rules:

- Set a timer for 10 minutes.
- Once you start writing, don't let your pen stop moving until the 10 minutes is up!
- Don't censor yourself. Write WHATEVER comes to mind. Even if it's crappy writing, scary, nonsensical. Doesn't matter. Keep that pen/or fingers MOVING!
- Use the beginning phrase: "I want to make videos because..." and let your mind wander. Write in every thought that comes into your head whatever that thought may be.
- If you completely run out of things to say, write the above phrase again and keep going.

EXAMPLE OF HOW IT MAY GO: I want to make videos because my life is calling. My true life. The success, the beauty, the self-expression, the sense of worth and accomplishment... I want to make videos because I can reach out to millions of people at once and make their day better brighter... I don't know what else to say. I want to make videos because...

You get the idea. This exercise may trigger some vulnerability. So grab some tissues and dive in. Ready, set, **GO**!

Writing Exercise #1

I want to make videos because...

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YOUR PASSIONATE "WHY" Writing Exercise #2

It ain't over yet. I've got one more exercise for ya. Limber up those fingers!

The Rules Recap:

- Set a timer for 10 minutes.
- Once you start writing, don't let your pen stop moving until the 10 minutes is up!
- Don't censor yourself. Write WHATEVER comes to mind. Even if it's crappy writing, scary, nonsensical. Doesn't matter. Keep that pen/or fingers MOVING!
- Use the beginning phrase: "My deeper WHY for making videos is..." and let your mind wander. Write in every thought that comes into your head whatever that thought may be.
- If you completely run out of things to say, write the above phrase again and keep going.

EXAMPLE OF HOW IT MAY GO: My deeper WHY for making videos is that I can set the world on fire, I can tell my stories and be remembered, I can lift up total strangers and help them feel less alone and more understood. My deeper WHY for making videos is to build a solid foundation for my life, so that I can move to New York City and live my dream life. My deeper WHY for making videos is...

You get the idea. This exercise may trigger some vulnerability. So grab some tissues and dive in. Ready, set, **GO**!

Writing Exercise #2

My deeper WHY for making videos is...

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