



HAPPY ACCIDENTS

by

SARAH Michelle Brown

TANGO ON!

Hey VideoStar!

Everyone makes mistakes in their videos. Everyone.

In fact, accidents are an important part of the creation process.

If there were no accidents, the world would taste quite bland.

With videos, it's not about avoiding mistakes and accidents, it's about *making the most of them*.

Like in *Scent of a Woman*, in a pivotal scene about handling life's challenges, Al Pacino says these amazing lines:

“That’s what makes the tango so great. If you make a mistake, get all tangled up, just tango on.”

It's the same with video.

The important part is to tango on, and to make something delicious from the accidents.

And as always...

Dream up,

A handwritten signature in black ink that reads "Sarah". The letters are fluid and cursive, with a long horizontal stroke under the 'a'.

Sarah Michelle Brown
Your Virtual Video Director



WHAT HAPPENS?

Soooo... When you make a “mistake” in your Video Missions, guess what happens during + immediately after...

You show an authentic part of yourself.

You may get upset, frustrated, embarrassed, hard on yourself, etc.

It may feel wonky, and icky, but that moment is a glimpse into YOU.

Now imagine switching that gear, so that the WAY you respond, instead shows an authentic + AWESOME side.

Start by grabbing your List of Awesomeness from module 2, and writing down 5 of your fave traits:

1.

2.

3.

4.

5.



PLANNING AHEAD...

What? Planning ahead for Happy Accidents?

Say it ain't so!!

Lol, while you can't plan exactly WHEN or WHERE the unexpected moments, the glitches or the forgotten words happen, you CAN start to get strategic about HOW you USE them.

Let's start with how you respond *right now*. Below, list out 5 wonky ways that you react when things go off the rails with your video recordings:


1.

2.

3.

4.

5.



Now it's time to brainstorm *new* ways that you might react that can keep the flow of your video going + show off your 5 fave traits of awesomeness:



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