



THE DORK FACTOR

by

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DORK IT OUT!

Hey VideoStar!

Your Inner-Dork awaits you.

Even if your biz is about serious stuff, even if you're shy, even if you're not a silly person by nature, your Inner-Dork is ready to make an appearance.

Here in the OCB, it's okay to tap into this part of yourself. Trust me, she's in there somewhere.

Your Inner-Dork may be loud like a train, or quiet as a mouse.

She may be subtle as a Mack truck, or as loud as a whisper.

Either way, it's time to unleash her!

For this lesson, I want you to pay particular attention to Comparisonitis.

Your Inner-Dork is lovely, however big or small she is.

Okay, dive on in!

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



SIZE DOESN'T MATTER

As I mentioned, your Inner-Dork can be loud or quiet, big or small, unleashed or hiding.

It doesn't matter.

For the purposes of the OCB, it's simply about letting her come out to play.

Brainstorm the ways that your Inner-Dork appears in your life.

(If you're having difficulty with this, simply write down the ways that you have fun.)

Rock it:

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PLAY DATE!

It's time to tap into your Inner-Dork. She LOVES going on adventures and having fun.

Part of unleashing your “It” Factor is about letting in some *play time*.

It can be easy to get caught up in our lives and forget to ignite our minds + hearts.

Brainstorm 10 fun and/or dorky play dates that you can take yourself on. **And then do at least ONE of these this week:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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