



# THE “YOU” RULE

by

SARAH Michelle Brown



# GET YOUR SHINE ON!

## ***Hey VideoStar!***

It's time to discover your "It" Factor (baby steps).

Everyone is different. And your version of video SHINE will be unique to YOU.

Some people's video shine is loud, some people's video shine is quiet.

And ALL of it is a beautiful thing to see.

And remember, *"An ounce of behaviour is worth a pound of words."*

#NoMoreFaking

And as always...

Dream up,



Sarah Michelle Brown  
Your Virtual Video Director



# AN OUNCE OF BEHAVIOUR...

Okay, it's time for a wee bit of inspection of the Video Missions that you've already done.

List 3 ways that you'd like your personality to shine through more in your videos:

1.

2.

3.

Have you faked your energy in any of your Video Missions? How? What's the *behaviour*?



# GET IN THE MOOD

If you've been faking your video enthusiasm or energy, OR you've felt reluctant to press record because you were feeling wonky, one GREAT way to move past this is to **get yourself in the right mood**.

They're related to your video warm ups, but with the specific intention of getting you past the yucky faking or icky wonkiness.

Some possibilities include:

- Watch a funny video.
- Go for a walk.
- Meditate.
- Sing.
- Dance.
- Exercise.
- Watch or read something empowering.
- Bond with Oprah. ;-)



# NOW IT'S YOUR TURN

Use this page to brainstorm powerful ideas to **jolt yourself out of your funk, out of the faking**, and into a more positive state of mind *and* into your truth.



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