



YOUR PROGRESS GUIDE

by
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*Don't tackle everything at once.
Take it one step at a time.*

YOUR PROGRESS GUIDE

Hey VideoStar!

Here's your handy dandy Progress Guide.

You can either print it up and check things off by hand OR save it to your computer and check off your Video Adventures digitally (don't forget to also save your updates).

Use this to keep track of all your achievements in the course.

And as always...

Dream up,

Sarah

Sarah Michelle Brown
Your Virtual Video Director





PRE-COURSE - MINDSET PREP

Check off your completed Video Adventures below:

DONE	THE VIDEO ADVENTURE
	Watch module's Welcome video.
	Watch Time is on Your Side.
	Watch The 4 Key Ingredients to Video Success.
	Watch Start at the Beginning + Adventure Mindset.
	Watch Staying Accountable.
	Visit the Pep Talk page.
	Join the super secret Facebook group.
	Engage with your fellow VideoStars in the Facebook group.

MODULE 1: ON-CAMERA WARM UP

Check off your completed Video Adventures below:

DONE	THE VIDEO ADVENTURE
	Watch The 5 Mindset Shifts that Help You Make Drool-Worthy Videos.
	Watch Practice Makes Parfait.
	Watch Turning Fear into Fabulous.
	Watch Video Weight Lifting.
	Watch Video Mission #1.
	Watch Video Mission #2.
	Watch Video Mission #3.
	Watch Video Mission #4.
	Watch Video Mission #5.
	Shoot + upload Video Mission #1.
	Shoot + upload Video Mission #2.
	Shoot + upload Video Mission #3.
	Shoot + upload Video Mission #4.
	Shoot + upload Video Mission #5.
	Finish this week's Sweet Sheet PDFs.
	Be a giver in the Facebook group.



MODULE 2: ON-CAMERA CARDIO

Check off your completed Video Adventures below:

DONE	THE VIDEO ADVENTURE
	Watch module's Welcome video.
	Watch 5 Ways to Banish the Inner Critic.
	Watch Your Hero's Journey.
	Watch The "Ordinary World" Exercise.
	Watch The "Why" That Will Change Your Videos Forever.
	Watch Video Mission #6.
	Watch Video Mission #7.
	Watch Video Mission #8.
	Watch Video Mission #9.
	Watch Video Mission #10.
	Shoot + upload Video Mission #6.
	Shoot + upload Video Mission #7.
	Shoot + upload Video Mission #8.
	Shoot + upload Video Mission #9.
	Shoot + upload Video Mission #10.
	Finish this week's Sweet Sheet PDFs.
	Be a giver in the Facebook group.

MODULE 3: YOUR “IT” FACTOR

DONE	THE VIDEO ADVENTURE
	Watch module’s Welcome video.
	Watch The YOU Rule.
	Watch Your Video Alter Ego.
	Watch Happy Accidents.
	Watch The Dork Factor.
	Watch Your Dream Client’s OW.
	Watch Your Dream Client’s Monologue.
	Watch Your Love Letter.
	Watch Video Mission #11.
	Watch Video Mission #12.
	Watch Video Mission #13.
	Watch Video Mission #14.
	Watch Video Mission #15.
	Watch Video Mission #16.
	Watch Video Mission #17.
	Shoot + upload Video Mission #11.
	Shoot + upload Video Mission #12.
	Shoot + upload Video Mission #13.
	Shoot + upload Video Mission #14.
	Shoot + upload Video Mission #15.
	Shoot + upload Video Mission #16.
	Shoot + upload Video Mission #17.
	Finish the Sweet Sheet PDFs.
	Be a giver in the Facebook group.



MODULE 4: TECH-NIQUE

Check off your completed Video Adventures below:

DONE	THE VIDEO ADVENTURE
	Watch module's Welcome video.
	Watch Simple Lighting.
	Watch Easy Backdrops.
	Watch Sound 101.
	Watch Simple Camera tricks.
	Watch Video Mission #18.
	Watch Video Mission #19.
	Watch Video Mission #20.
	Watch Video Mission #21.
	Shoot + upload Video Mission #18.
	Shoot + upload Video Mission #19.
	Shoot + upload Video Mission #20.
	Shoot + upload Video Mission #21.
	Finish the Sweet Sheet PDFs.
	Be a giver in the Facebook group.



OFFICE HOURS

Check off your completed Video Adventures below:

DONE	THE VIDEO ADVENTURE
	Watch Week 1 Office Hours.
	Watch Week 2 Office Hours.
	Watch Week 3 Office Hours.
	Watch Week 4 Office Hours.
	Watch Bonus Week Office Hours.
	Use the Sweet Sheet PDFs to take notes for Office Hours.
	Be a giver in the Facebook group.



GRADUATION BONUSES

Check off your completed Video Adventures below:

DONE	THE VIDEO ADVENTURE
	Watch module's Welcome video.
	Watch Simple Editing 101.
	Watch Lighting 101.
	Watch Making Your Home Page Video.
	Watch Done for You Video Scripts.
	Watch Done-for-you Warm up Video.
	Watch Interview with a Makeup Artist.
	Watch Interview with a Wardrobe Stylist.
	Watch You've Made a Video. Now What?
	Finish the Sweet Sheet PDFs.
	Be a giver in the Facebook group.



*When in doubt,
just take the next step.*