



# YOUR VIDEO PROMISE

by

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## *Hey VideoStar!*

This Sweet Sheet is a quickie. On the next page you'll find a lovely lil promise that I want you to print up, sign and date, and place it somewhere suuuuper obvious.

It's a visual reminder to keep focused on moving forward once the On-Camera Bootcamp officially gets started.

And as always...

Dream up,

*Sarah*

Sarah Michelle Brown  
Your Virtual Video Director





# A COMMITMENT TO MYSELF

I, \_\_\_\_\_ do solemnly swear to give myself the permission and the time to *kick butt* in the On-Camera Bootcamp.

I promise that I'll be patient with myself *and* my progress.

I swear that whenever I feel like I'm not learning fast enough, that I'll give myself a loving pat on the back for how far I've come (and give myself a lovely little reward for being so *awesome!*).

I promise that I'll MAKE THE TIME to do all the exercises and watch all the lessons.

I. Can. Do. This!

And, I also promise that if I fall "behind", that I'll do my best to be suuuuper kind with myself. This isn't a competition.

Time is on my side, and **I promise to give myself the time to learn how to shine in my videos.**

**Signed:**

**Dated:**

\_\_\_\_\_

\_\_\_\_\_



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