



YOUR POP n PR SWEET SHEET

by

SARAH Michelle Brown





JUST DO EEEET!

Hey VideoStar!

Yep, a little PR (Positive Reinforcement) goes a long way.

Use this Sweet Sheet to bring a lil positivity to your video-making adventures.

Print up copies of the following sheets and fill them out as you make your Video Missions this week (and beyond).

It may seem corny, but acknowledging the baby steps helps A LOT when you're first getting started making videos.

We got this!

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director



POSITIVITY TRACKER

VIDEO MISSION TOPIC:

THREE THINGS I DID WELL:

- 1.
- 2.
- 3.

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- 1.
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POSITIVITY TRACKER

PRACTICE VIDEO TOPIC:

THREE THINGS I DID WELL:

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- 2.
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*Be sure to share your
questions and ah-hahs in the
Facebook group!*

About SARAH

I'm a real-life filmmaker and I also work with big-dreaming 'preneurs (like YOU) who want to play it bigger in their biz by making amazing videos.

The only problem is you feel awkward on-camera, you don't know where to start when it comes to content and structure, let alone video production, and you're terrified to put yourself out there.

Heck, just thinking about making videos makes you break out in a sweat and your heart race!

It doesn't have to be this way.

I teach you how to be CONFIDENT + FULL OF PERSONALITY on-camera and make AMAZING videos so that you become fearless about putting yourself out there and build genuine, loyal connections with your audiences.



WANT TO WORK TOGETHER?

