



ENERGIZE
YOUR
VIDEOS!

by
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IT'S AN ENERGY THANG

Hey VideoStar!

It's time to dive into the quality of energy that you want to bring to your videos.

Being able to be relaxed and convey a positive energy goes a lonnnng way in creating engaging, impactful videos.

Today's Sweet Sheet is a another deep dive, so *let's do this!*

MUY IMPORTANTE: Please keep in mind that while you dive into your different energies, that there is no judgement here.

Your energies are unique to YOU and as you get more comfy on-camera, you can tap into the energies you want to for your videos.

And as always...

Dream up,



Sarah Michelle Brown
Your Virtual Video Director

The Smorgasbord of Energies

Accepting	Cranky	Guilty	Pessimistic
Accomplished	Crappy	Happy	Pissed off
Affectionate	Crazy	High	Playful
Afraid	Creative	Hopeful	Pleased
Aggravated	Curious	Hyper	Rebellious
Aligned	Cynical	Impressed	Refreshed
Alive	Daring	Indifferent	Rejected
Alone	Defensive	Infuriated	Rejuvenated
Amazed	Depressed	Insensitive	Relaxed
Amused	Disappointed	Inspired	Relieved
Angry	Ditzy	Irritated	Reluctant
Annoyed	Dorky	Jealous	Restless
Anxious	Drained	Joyful	Rushed
Apathetic	Dreamy	Jubilant	Sad
Apologetic	Ecstatic	Kind	Satisfied
Ashamed	Empowered	Kooky	Sick
Awake	Energetic	Lazy	Silly
Awkward	Enraged	Lethargic	Smart
Bewildered	Envious	Loving	Spontaneous
Bitchy	Excited	Meek	Stressed
Blissful	Exhausted	Melancholy	Surprised
Bold	Fearful	Mellow	Sympathetic
Bored	Fearless	Mischievous	Sweet
Bouncy	Flirty	Moody	Tender
Brooding	Free	Motivational	Thankful
Calm	Frustrated	Mysterious	Tired
Cautious	Geeky	Naughty	Uncertain
Chaotic	Giddy	Nerdy	Uncomfortable
Cheerful	Giggly	Numb	Unpredictable
Chilled out	Gloomy	Open	Vibrant
Complacent	Good	Optimistic	Weird
Confident	Goofy	Overwhelm	Wise
Confused	Grateful	Panic	Youthful
Content	Grounded	Patient	
Courageous	Grumpy	Peaceful	



YOUR Energetic List

Brainstorm the types of energies that show up in your life.

Use the previous page for inspiration. List it ALL. Good, bad + ugly.
They're all part of what makes you unique:



Writing Exercise #2

What kinds of situations, people, locations, music, actions, etc bring out your best energies? And why do you think that is?



Writing Exercise #3

How do you feel when you're at your energetic best? How does that feeling manifest in your behaviour?



YOUR ENERGY SNAPSHOT

List 5 ways that energy (good/bad/ugly) shows up in your CURRENT VIDEOS:

- 1.
- 2.
- 3.
- 4.
- 5.

ENERGETIC GOALS

List 5 energies that you WANT to embody and convey in your FUTURE VIDEOS:

- 1.
- 2.
- 3.
- 4.
- 5.



*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?

