

## by SARAH Michelle Brown



# A QUICK CHECK-IN

### Hey VideoStar!

When it comes to quick fixes for how you use your camera, you may find some resistance.

Well, it's time to take another step, bust through these fears and make better videos!

And as always...

Dream up,

Sarah Michelle Brown Your Virtual Video Director

## ONE STEP

Now that you've gone through the starter tech training, I want you to take one step.

Head over to my <u>Recommended Resources list</u> and pick up a bounce and a tripod (if you don't already own them).

Simple.

They will make a BIG difference in helping your videos feel more profesh.

Even if you're feeling intimidated, it's important to strike while the iron is hot.

Don't let your momentum go in reverse.

The fear of stepping it up is understandable. The whole fear of failure, fear of success thing.

I get it.

However, you're already embracing your video transformation by making it this far in the OCB.

It's time for you to shine.

Choose the tripod and bounce that looks good for you, and snag 'em!

Take this powerful step now.

# IN THE MEANTIME

While you're waiting for your tripod and bounce to arrive, go ahead and *experiment* with the following camera tricks AND **take note of your discoveries below.** 

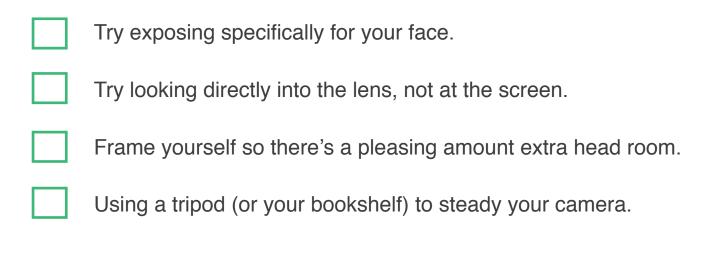
Make sure you film these experiments so you can watch them back + see what happens and what YOU like the best.

EXPERIMENT WITH PLACING YOURSELF AT THE DIFFERENT SIDES OF THE CAMERA FRAME (LEFT, CENTRE, RIGHT). WHICH FEELS RIGHT FOR *YOU*?

EXPERIMENT WITH FILMING YOURSELF FROM SLIGHTLY ABOVE EYE LEVEL, BELOW EYE LEVEL, AND *AT* EYE LEVEL. WHAT DO YOU NOTICE?



# ALSO DO THESE EXPERIMENTS



### What changes are you seeing in your videos?



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