

Confidence **on** VIDEO

7 DAY BOOSTER



Journal

**You know that video can
change your business ...**

... but the thought of getting on camera fills you with dread!

This 'much more than a journal' will help you to overcome your fears, so that you can show up on camera and grow an engaged audience



IF ANY OF THIS SOUNDS LIKE YOU...

- You have self-doubt about getting on video, you're not sure where to start and the thought of it makes you want to 'run for the hills'!
- You worry about what others might think of you if you're seen on video, especially family or friends
- You don't like how you look or sound on video
- You compare yourself to others and feel that you'll not be able to do what they're doing
- You let your fear of failure stop you from going after the things you truly want in life. Instead of going all in on your dreams, you make excuses or minimize them.
- You often think about doing video but say to yourself that now is not a good time to start, nor continue to work on the things you actually want.
- Some days you just feel so drained, no creativity and unworthy.
- You are your harshest critic and say things like "I can't do that.", "I'd look or feel silly"
- You fear 'being found out' and that people will get to realise that you're not 'qualified' to do video. You think 'who am I to do this'.
- You and/or others consider yourself a perfectionist.

THIS JOURNAL IS RIGHT FOR YOU!

ABOUT THE JOURNAL

- There are tips and hacks to help you look and feel confident to get on camera and start creating videos to grow your business
- It combines self-awareness, mindfulness and self-kindness elements to help you significantly improve the perception of yourself
- Become more confident and tap into your full creative potential
- Find your inner courage to stand up for you and your dreams
- Finally see your inner beauty and let it shine through in everything you do
- Embrace your imperfections and use them to your advantage instead of trying to hide them and feeling ashamed of them
- Become your own biggest fan and most loyal friend and give yourself the unconditional support you need to make the most out of your life and natural gifts.
- Realize that you have so much value to give and will be ready to start creating
- Unlock hidden talents and skills and tap into your full potential
- Feel empowered with what you can truly achieve for yourself

HOW TO GET THE MOST OUT OF OF THIS JOURNAL OVER THE NEXT *7 Days*

Step #1: Read through the tips and steps to help you get started

Step #2: Say and practice one of the following affirmations every day

Step #3: Each day write down one thing from the prompts that you'll work on today

Step #4: Dig deeper into that prompt and journal on it

Step #5: Commit to making this work and to taking the action steps

When complete, you can use this journal as a resource to keep reading & adding to.

I believe in you and know you will soon be showing up and growing an engaged audience with video. Believe me, your business will thank you for it!

MY MISSION: To help as many female business owners as possible to get on camera, stand out and confidently create videos

MEET THE AUTHOR ...



Elaine Park
(VIDEO Coach and Creator)

Five years ago, I felt exactly the same as you do now. I'd helped my clients create their videos to stand out, but me get on camera and do it?, No way!

I now create content that sells my products, attracts new members to my video memberships and that grows my email list daily. So can you ...

@goforitgirlentrepreneur

AFFIRMATIONS

CHOOSE ONE AFFIRMATION EACH DAY
SAY IT - FEEL IT - BELIEVE IT

AFFIRMATION DAY 1

"I know that I am a good person, and I don't need to prove it to anyone. I come from a place of giving value and doing good."

AFFIRMATION DAY 2

"I'm right where I need to be on my journey and this is the start of great things for me."

AFFIRMATION DAY 3

"I can achieve whatever I put my mind to and my needs, desires, dreams and goals matter."

AFFIRMATION DAY 4

"Today, I choose to be happy and embrace loving myself abundantly. I am unique and that is my super power"

AFFIRMATION DAY 5

"What I am here to do and give is more than enough."

AFFIRMATION DAY 6

"My work is of high service and needed by many."

AFFIRMATION DAY 7

*"Now is my time to make amazing things happen.
I can have exactly what I want"*

DAY 1

“I know that I am a good person, and I don’t need to prove it to anyone. I come from a place of giving value and doing good.”



day #1

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

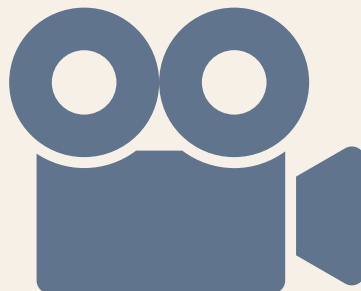
*"I know that I am a good person, and
I don't need to prove it to anyone.
I come from a place of giving value and doing good."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY

DAY 2

“I’m right where I need to be on my journey and this is the start of great things for me.”



day #2

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

"I'm right where I need to be on my journey and this is the start of great things for me."

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY

DAY 3

"I can achieve whatever I put my mind to and my needs, desires, dreams and goals matter."



day #3

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

"I can achieve whatever I put my mind to and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY

DAY 4

“Today, I choose to be happy and embrace loving myself abundantly. I am unique and that is my super power.”



day #4

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

“Today, I choose to be happy and embrace loving myself abundantly. I am unique and that is my super power”

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY

DAY 5

*“What I am here to do and give is
more than enough.”*



day #5

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

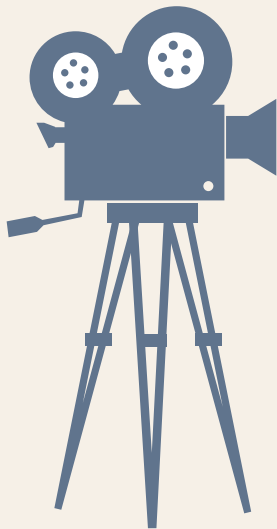
“What I am here to do and give is more than enough.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY

DAY 6

*“My work is of high service and needed
by many.”*



day #6

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

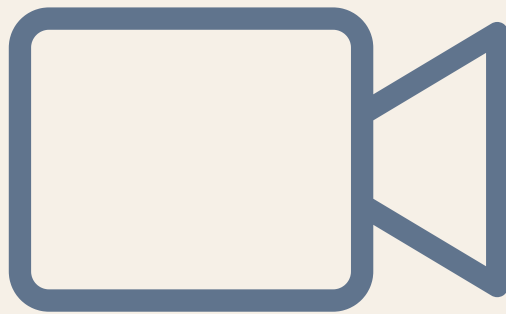
"My work is of high service and needed by many."

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY

DAY 7

*“Now is my time to make amazing things happen.
I can have exactly what I want”*



day #7

SAY IT - FEEL IT - BELIEVE IT

TODAY'S AFFIRMATION

*“Now is my time to make amazing things happen.
I can have exactly what I want”*

3 THINGS YOU ARE GRATEFUL FOR TODAY

JOURNAL ON WHAT THIS AFFIRMATION MEANS TO YOU TODAY



Clarity Steps ...

Explore your Vision



TIPS & HACKS TO HELP YOU TO Look & Feel Confident on Video



Go for a walk, meditate, sing or dance to get yourself in the mood for filming. I take the dogs for a short walk and when walking I focus on how it will feel when I've got my video done. For your video wear your normal clothes style, brush your hair and perhaps wear a touch of makeup if that's you. Don't over do it, keep it naturally you.



Choose your background for your video. Make sure it's as 'distraction free' as possible. Clear away toys, dishes, laundry etc, just keep it simple. It's more about you and the content you're giving, we want them to focus on you. Make sure that you feel comfortable, I generally prefer to stand when talking, but that's personal choice.



We need to be able to see & hear you. Your viewer will not 'work' to listen or watch so to make your video look better you could sit by a window or in good lighting (natural light is best like outside or in your car). No need for fancy equipment to get started. Just make sure external noise doesn't overpower if you're filming outside.



If you don't have a tripod, prop up your phone or camera on a box, books or somewhere where it's secure. It gives us more confidence when our videos look good, so do the best to minimise shaky footage, bad lighting and sound, so that you feel more positive about what you create. The more we do, the better we get and gain more confidence.



Make sure that you take up most of the screen, leaving a little bit of headroom, but not too close to the camera. You want to fill & take command of the screen which lets the viewer know that you 'mean business' and is more likely to watch. Sat back on the horizon makes you look small and insignificant, which you are not.



Make sure you look at the lense when you're talking to the camera and not at yourself on the screen. If you were talking face to face, you'd look them in the eye and not at their chest. Eye contacts builds connection and trust as it makes the viewer think that you're talking to them. It makes you look confident and like the authority that you are.



When talking to the camera, talk in a relaxed voice just like you would when talking to a friend. Don't overthink it, use the manerisms, hand gestures etc that you would in normal conversation. Just imagine you are speaking on FaceTime to someone you know, how would you talk if that was the case? Keep it as naturally you as possible.



When you're ready to start, roll your neck and shoulders, shake your arms or whatever helps to get you feeling relaxed. Take deep breaths and think 'calm', you're just talking to a piece of metal. Have your lines/bullet points in front of you or use a teleprompter. I use the app on my phone called 'Teleprompter', they have a free version to try.



You're now ready to film. Deep breaths, smile and 'hit record'. Remember 'why' you're doing this, what you're going to achieve & how you're going to feel when you get there. It's your next step to becoming visible in your business which can lead to unimaginable, exciting opportunities. You can do this and make amazing things happen.



YOUR CHECKLIST TO LOOK & FEEL

Confident on Video

- I'm ready to make this happen, whatever it takes
- Decide on a simple, uncluttered background
- Make sure we can see & hear you properly
- Ensure that your phone is secure & steady
- Fill the frame & take command of the screen
- Look at the lense, not yourself on screen
- Imagine you're talking to a friend on FaceTime
- Roll your shoulders, neck & shake your arms
- Have your first line or teleprompter ready
- Deep breaths and smile, get ready to hit record

Right, let's do this!

WHAT'S NEXT ...

HERE'S YOUR RESOURCES & LINKS PAGE TO CONTINUE YOUR JOURNEY



ELAINE PARK

@GOFORITGIRLENTREPRENEUR

▶ [JOIN ME OVER ON INSTAGRAM HERE](#)

▶ [MORE TIPS ON MY YOUTUBE CHANNEL](#)

▶ [HERE'S A LIST OF EQUIPMENT I USE](#)

▶ [CHECK OUT MY WEBSITE](#)

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