

# VIDEO CREATION CHECKLIST

***Follow these steps to shoot and post quick and simple videos on social media:***



- Shoot outside whenever possible. Outdoor videos get more views.*
- Wear a bright coloured shirt, hat or pair of glasses.*
- Do not wear sunglasses - your eyes are the window to your soul.*
- Pretend there is only one person watching - your most encouraging and easy-going friend or family member.*
- Hold your phone straight out from your face at eye-level (no selfie stick or gadgets required).*
- Most important: SMILE! Be excited!!*
- Record using your phone's camera app. Do not record in the Instagram app, or the TikTok app, or other social media app. This is so you have the videos stored in your phone gallery for future use.*