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## SELF-FILMING TIPS

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*Take a few minutes to plan and remember, the most important thing is to relax and be yourself. Following these easy tips will help you be well prepared for self-filming.*

### **FILM HORIZONTALLY AND CLOSE UP**

*Use a computer webcam or prop up your phone horizontally and film no more than 2-3 feet away.*

### **AVOID BACKLIGHTING**

*Always look into the light source. Backlight can be very effective to create a halo around a person, however, for beginners who are self-filming, it is often not flattering.*

### **USE NATURAL LIGHT**

*For the most flattering view, face a window when possible, positioning the camera between you and the window.*

### **CREATE A QUIET SPACE**

*Close the door and turn off alerts and music.*

### **KEEP IT PITHY**

*Stay tight and focused with your message.*

