



MODULE 1 PRACTICE SHEET

Your Starting Point & Big Picture

This practice sheet is optional.

There are no right or wrong answers.

Use it to reduce pressure and get clear — not to be perfect.

1 - Why are you using video?

Take a moment to write this in your own words.

I want to use video because:

(One or two sentences is enough.)

2 - Where will you publish first?

You don't need to be everywhere. Choose **one starting point**.

- ☐ YouTube
- ☐ Instagram / Reels
- ☐ TikTok
- ☐ LinkedIn
- ☐ Not sure yet — that's okay

Why this platform feels right for now:

3 - What does “progress” mean to you right now?

Forget views, likes, and numbers for a moment.

For me, progress would look like:

- ☐ Feeling more comfortable on camera
 - ☐ Finishing and publishing videos
 - ☐ Speaking more clearly and confidently
 - ☐ Having a simple, repeatable process
 - ☐ Other: _____
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4 - One thing you want to feel more confident about

This course is a foundation. Pick **one focus**.

I want to feel more confident about:

5 - A gentle reminder (read this once)

You don't need to be confident to start.

You don't need perfect ideas or perfect delivery.

Confidence comes from repetition.

Clarity comes from doing.

Your only job right now is to keep going — one video at a time.

When to move on

Once you've filled this in (or even just thought about it), you're ready for **Module 2**.

You don't need to revisit this page unless you feel stuck later.