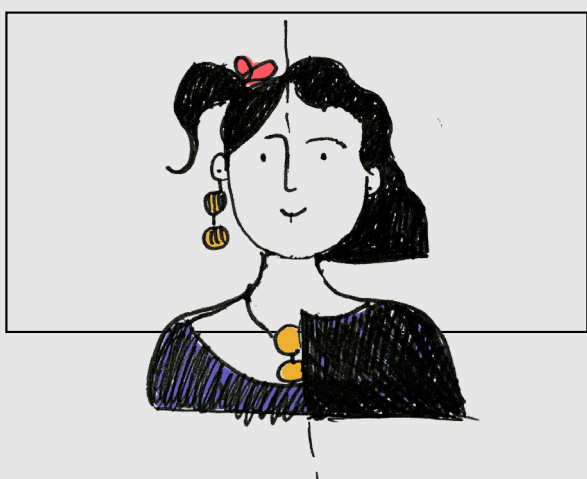


CHECKLIST

8 TIPS FOR SELF RECORDING VIDEO ON MOBILE.

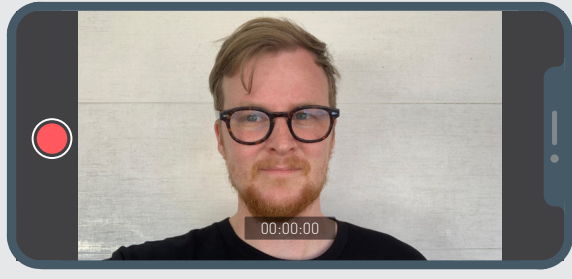


1. Let's get shoot ready

- ☐ **Limit distractions**
Find a nice private space away from chatter, traffic and nature sounds.
- ☐ **Look professional**
Avoid wearing lowcut tops, reflective jewellery and elaborate patterns. While these are great on the dancefloor, they can be distracting on camera—best to wear subtle items.

2. Get ready to talk

- ☐ **Know what to say**
Thinking of one to three points to discuss is the sweet spot. It's a good idea to write these down on paper... unless you are a natural, then run with it.
- ☐ **Warm up your voice**
Our favourite euphonious words to prepare those vocal chords are: "Juan Pablo Gutierrez"

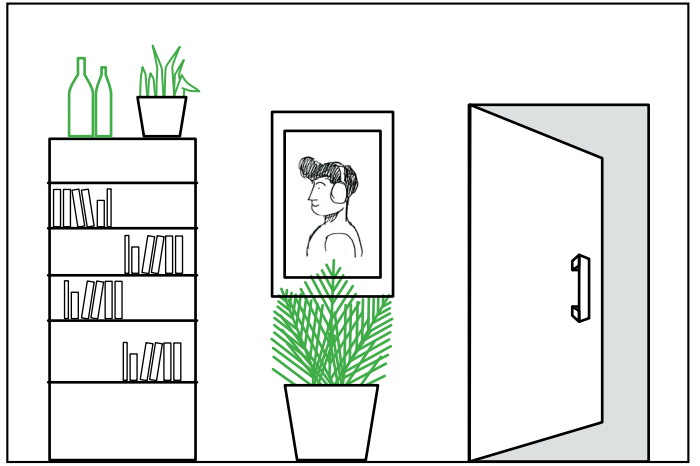


3. Frame your shot

- ☐ **Are you in frame?**
Make sure the top of your head and your shoulders are fully in the frame
- ☐ **Create a sense of space**
Don't stand too close to any walls or large objects.
- ☐ **Connect with your audience**
An eye level shot is ideal, above shot can be friendly and below shot can be intense. Choose your shot to convey the right emotion

4. Mind your background

- ☐ **Find a natural setting for you**
We want to avoid distractions, but a blank wall can be too sterile. A warm and personable setting is the way to go.
- ☐ **Clear the clutter**
WFH Note: We love getting to know you, but your audience need a little mystery...



5. Sound check

- ☐ **Listen for distracting sounds**
Open windows/doors are a portal into a world beyond the recording. Close them if you can.
- ☐ **Use headphones with a microphone**
If wired, make sure the microphone isn't rubbing against your clothes or tables. Holding the mic is ok.
- ☐ **Run a quick sound check**
Quickly grab your phone and say a few words. Then play it back and see if you are happy with it.

6. Mind the Lighting

- ☐ **How's the brightness?**
Take a moment to notice the quality of light. The goal is to have even lighting across your face. Watch for harsh shadows or looking washed out with too much light.

Too bright?
Close a curtain or move further away from the light source.

Too dark?
Head into the light! Two lamps in front of you and a light source behind



Too harsh



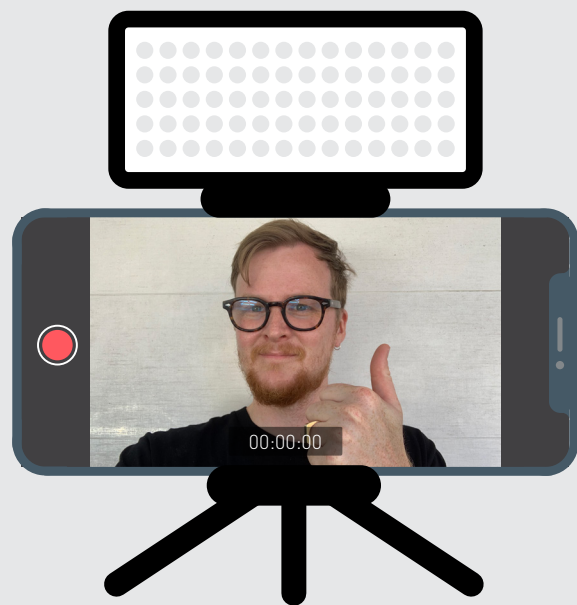
Just right



Too Dark

PRO TIP #1

Escape from shadows with a clip-on video light e.g. [Big Softi](#)



Want this setup? [Click here](#)

7. Take a test video (or photos)

- ☐ **Turn on the camera and check your setup**
Now we've set the scene—quickly run through the checklist again to confirm you are ready.
- ☐ **Take test a photo or video**
Savour this moment. You should look and sound amazing right now.

PRO TIP #1

Free your hands and elevate your video by using a tripod.

8. Check Battery and memory space

- ☐ **Full charge and a 1GB of free space**
Nothing is worse than absolutely nailing your first take only to discover the video didn't save or cut out halfway through.

