

Day	Focus / Task	Notes	Done	Discomfort
Week 1: Get Comfortable on Camera				1 - 5 1 hard, 5 easy
1	Record a 1-min intro video just for you	Say who you are and what your vibe is	<input type="checkbox"/>	
2	Talk about why you're doing this	Keep it chill, no pressure	<input type="checkbox"/>	
3	Speak on a mindset idea casually (2 mins)	Don't teach it yet, just express it	<input type="checkbox"/>	
4	Record same message sitting vs standing	Feel the difference in energy	<input type="checkbox"/>	
5	Smile once during your video	Only where it feels natural	<input type="checkbox"/>	
6	Watch a video and list 3 things you like	Focus on positives only	<input type="checkbox"/>	
7	Record a 1-min "one take only" video	Topic doesn't matter—just don't re-record	<input type="checkbox"/>	
Week 2: Find Your Natural Energy				
8	Pretend you're FaceTiming a friend	Record a personal mindset share	<input type="checkbox"/>	
9	Practice pausing after key lines	Watch how it adds clarity	<input type="checkbox"/>	
10	Emphasize one word per sentence	Start playing with tone	<input type="checkbox"/>	
11	Tell a personal story (under 3 mins)	Let it be honest and real	<input type="checkbox"/>	
12	Add one hand gesture per idea	Let gestures flow naturally	<input type="checkbox"/>	
13	Record standing with stronger voice	Just a slight energy bump	<input type="checkbox"/>	
14	Review 2 vids – what felt you?	Notice forced vs. authentic	<input type="checkbox"/>	
Week 3: Start Coaching Naturally				
15	Teach 1 idea in 2 mins (to younger self)	Keep the tone personal	<input type="checkbox"/>	
16	Record a mindset myth-busting video	"They say X, but here's my view"	<input type="checkbox"/>	
17	Give advice to someone stuck	Speak to one person	<input type="checkbox"/>	
18	End your vid with a question	Encourage engagement	<input type="checkbox"/>	
19	Use 1 smile, 1 nod, 1 gesture, 1 pause	Basic dynamic delivery practice	<input type="checkbox"/>	
20	Record in a new setting	Shake up your vibe	<input type="checkbox"/>	
21	Watch Day 1 vs. Day 21 video	Reflect + celebrate progress	<input type="checkbox"/>	
Week 4: Content with Flow				
22	Record a 3-min "tip of the day"	Usable content, no overthinking	<input type="checkbox"/>	
23	Break down 1 idea into 3 parts	1) Problem 2) Your take 3) Action step	<input type="checkbox"/>	
24	Talk to a specific person type	E.g., "If you're someone who..."	<input type="checkbox"/>	

25	Record 2 energy levels: chill + +10%	Feel the shift without being fake	<input type="checkbox"/>	
26	Batch 3 short vids, no editing	Build reps, fast and loose	<input type="checkbox"/>	
27	Identify your signature style	What feels unique to you?	<input type="checkbox"/>	
28	Open with a bold line or question	Hook the viewer early	<input type="checkbox"/>	
29	Get feedback from someone	Ask what feels you vs. off	<input type="checkbox"/>	
30	Record a video you'd be proud to post	No perfect—just real	<input type="checkbox"/>	