

Setting goals and staying motivated

On the other side of knowing what “sneaky thoughts” have been holding you back, a big piece of moving forward with any video platform or element in your business is knowing WHY it matters to you. All that extra “badassery” accelerates when you put purpose behind it!

Why would it make such a difference for you to know how to be yourself on camera? Why do you care to be able to connect with people on these platforms, confidently and naturally?

Anytime you’re trying to expand beyond your patterns, it’s crucial to know WHY you’re doing what you’re doing. That’s going to help you stay focused. Remember, it’s so easy to fall back to your habits like avoidance, caution, and concern.

It’s time for you to SHINE on camera, and I know you’re ready to move forward – that’s why you’re here! But what’s important to you right now? Let’s “Zoom” in. (See what I did there?)

Write down your WHY below. What relationships are you looking to create? What business opportunities would you love to see happen? What connections are you looking to make? Who are you interested to help or serve with your expanded self-expression on video?

Let’s answer these questions now.

Why do I want to be at ease and expressive on camera?

What relationships, connections, and opportunities could I see materializing in the coming months and years, thanks to my expanded use of video in my business?

Who can I help and serve with my message and my ideas online? Who is my audience?

What qualities do I want to develop in myself? Confidence? Excitement? Public speaking? Write them here.