



# LifeByJazz Presents PRODUCING INSPIRING CONTENT WORKSHEET

## PERFORMANCE STORY TELLING

### INNER WORK

WHAT LIMITING BELIEFS DO YOU HAVE ABOUT VIDEO THAT IS KEEPING YOU FROM BEING BEST SELF IN FRONT OF THE CAMERA?

WHAT PRE-FILMING RITUAL(S) CAN YOU CREATE THAT FUEL YOU TO MAKE MAGIC?

### OUTTER WORK

ENGAGING PRESENCE

ARE YOU PRESENT WHEN YOU'RE FILMING OR ARE YOU JUST LOOKING FORWARD TO IT BEING OVER?

FACIAL EXPRESSION

WHAT EMOTIONS ARE YOU EXPRESSING IN YOUR FACE?

BODY LANGUAGE

WHAT YOU MOVE YOUR HANDS OR BODY TO ILLUSTRATE A POINT?

VOCAL VARIANCE

DOES THE TONE OF YOUR VOICE CHANGE AT ALL?

## SHOT LIST

TO EDIT ON GOOGLE DOCS COPY & PASTE THIS SHEET

[https://docs.google.com/spreadsheets/d/1t6OSk\\_Fo2rST0\\_XdlzGxitYarXq\\_SQ9rlwkPPrrcBVI/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1t6OSk_Fo2rST0_XdlzGxitYarXq_SQ9rlwkPPrrcBVI/edit?usp=sharing)