

## Synopsis for: Video Yourself for Personal Development

By videoing yourself you can get an outside perspective on yourself, which can be very helpful in showing you how you are coming across to others. Rather than use this to polish your “performance”, I suggest you use it to cultivate your authenticity, i.e. expressing yourself from your own core, not primarily from a concern about what other people think.

### Instructions

- Find a quiet place free from distractions.
- Set up your phone or camera so that you don't have to hold it.
- Sit or stand and make sure your upper body, including your arms is in frame.
- Take a moment or 2 to center and be present.
- You will be talking spontaneously to the camera. You will not rehearse what to say or use a script.
- I suggest that you record for at least 5 minutes, but it can be as long as you like.
- If you go quiet or don't know what to say at any point, keep the camera going and just resume when you know what you want to say.
- You can talk about whatever you want, but if you need some ideas: 1) Talk about whatever happens to be on your mind at the moment. 2) Talk about how your day is going, good or bad. 3) Talk about something or someone you love and why.
- When you're done, turn off the camera and take a break. Go do something else for half an hour.
- Come back and watch the video. Simply watch it and notice whatever thoughts or feelings arise. Whether self-critical or self-satisfied, just notice.
- Take another break and come back and watch the video a 2<sup>nd</sup> time. This time bring more kindness and curiosity. Look and listen closely and notice what you were feeling when recording. Who are you? What are you trying to say? Did you censor yourself at any point? Why? Watch yourself as if watching someone else and try to get a sense of what you were feeling.
- You can come back and watch it a 3<sup>rd</sup> time. This time look for anything that you might like to change in the way you express yourself. Not so that you have a better “performance”, but so that you are more aligned with your true thoughts and feelings and expressing yourself

authentically. More volume in your voice? Clearer speech? Greater range of expression? More embodiment?

- Take your observations and play with bringing things into your daily exchanges with people.
- You might even do another video and see if you can make a few improvements in how you want to come across to others.

Good luck!