

## **Fear of Taping:**

We've found that lots of people get nervous about videotaping themselves. If you're feeling a little nervous—you're not alone.

### **3 Common Fears:**

#### **1. My hair doesn't look good/I hate my teeth/ Maybe I'll wait until I lose five pounds.**

Remember, this is to practice for real life, and even in real life, you don't have to be perfect. In fact, in real life you're going to need to be able to ask for what you want even on days you don't love how you look.

So—tape anyway. And you will probably be pleasantly surprised to see how much more important a smile is than whatever you think your fears are. Check out our podcast on how to look great on a webcam if you want ideas.

#### **2. I don't know exactly what I want**

Very few people have an exact vision, or even one vision. The way most people create their life is by experimenting with different visions, to see what works. The cool thing is that just picking any vision that appeals to you will do two things: tell you if you're getting “warmer” or “cooler” in terms of direction; and sharpen your skills for the vision that does turn out to be the right path for you, if this particular one isn't.

#### **3. I don't have enough time**

When we ask people how long they think the “getting ready” process will take, we hear answers like “four hours”, “days”, or “weeks.” Not true!

The real answer is...minutes. Filling out the questionnaires might take you ten minutes, if you stretch it out. You only have four minutes of tape per video, so even if it takes you three times to do it right, you're still under a half an hour time commitment.

Think of the video as a quick conversation before your conversation with your coach. In fact, ask someone to stand behind the webcam while you tape, so you can talk to them. It's like warming up before a work out in order to get the best possible results.