

7 CAMERA READY *rituals*



by Carolyn Anne

WONDER & *wilder*



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Get camera ready with these rituals that will help you hype yourself up, activate your voice, and embody the energy that you want to express.

ENERGIZE  ACTIVATE  EMBODY



I'm Carolyn

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Remember your **BIG WHY**

Before you get started, always keep in mind *why* it's important for you to be seen and heard online.

You have a message to share with the world. You know you the information you have can change lives, including your own.

Take a moment to consider:

- Who will benefit from my content? Whose lives can I change with my message?
- How will my life change by being well known for what I do?
- How will this help the world?

Imagine your success when you're able to effortlessly create videos, share your message, and connect with like-minded people.

DANCE IT OUT

You don't have to do dance trends to be popular on TikTok, but dancing can help you get in the mood to shine. Pump yourself up with some energizing music, and let yourself move intuitively. If you're feeling nervous jitters, shake them out! Give that energy an outlet before you hit record.



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AFFIRMATIONS

You got this!

We are often our harshest critic. Give your inner critic a rest and talk to yourself like an encouraging friend would talk to you.

It's going to be amazing! You have so much wisdom to share! People are going to love it! I can't wait to see it! You can do it!

If high energy isn't what you're going for in the video, before you hit record, you can breathe deeply and slowly

and exhale some affirmations like

I am calm and collected.

I am safe and secure.

I am relaxed.

I am magnetic.

SOMATIC PRACTICE

It's so important to feel safe before recording, so to soothe your nervous system, give yourself a big hug!



POWER POSING

You deserve to take up space and be seen.

It might feel silly at first, but striking a confident pose creates a sense of confidence because your body and mind are interconnected.

Take a deep breath, puff up your chest, and put your hands on your hips like a superhero. Notice how it feels. Raise your arms up in victory and feel your strength.

Try star pose - take a wide stance, and raise your arms overhead like a starfish, palms forward, fingers spread. Take up as much space as you can.

Then have some fun with it - pretend you're a supermodel and make some exaggerated poses in front of the camera. If you're starting to feel brave, record them just for fun and practice!





ACTIVATE YOUR VOICE

Clear your throat chakra.

Vocal toning is a powerful way to activate your voice and clear the throat chakra, helping to release any energetic blockages that may be holding you back from expressing yourself fully. Unlike singing, toning is simply making intuitive sounds with your voice, allowing whatever noise naturally comes to flow out without judgment. This practice gets the energy moving outward, starting the flow of self-expression and helping you feel more connected to your voice.

By engaging in vocal toning, you create a physical and energetic opening, which not only strengthens your voice but also helps you feel more confident and free to speak your truth. It's a simple yet transformative way to prepare yourself for being on camera, ensuring that your message comes through with clarity and authenticity. Incorporating toning into your routine can help you overcome hesitation, so you can share your ideas or promote your business with ease.



TAPPING

Emotional Freedom Technique

EFT (Emotional Freedom Technique) tapping is a simple yet effective way to reduce the fear of being on camera. By tapping on specific meridian points while acknowledging your fears, you can calm your nervous system and release the emotional tension around recording yourself. This practice helps shift your mindset from anxiety to confidence, making it easier to show up authentically. You can find lots of tapping videos online, and my Video Visionary course includes guided tapping sessions specifically designed to help you overcome fear of being on camera.

When combined with other practices like singing to activate the throat chakra and striking a power pose, EFT can help you feel more prepared and confident in front of the camera. These rituals are an essential part of getting "camera ready" and will support you in sharing your message or promoting your socially conscious business through video.



GLOW UP

Wear Your Confidence

One of the easiest ways to feel camera-ready is to dress in a way that makes you feel confident and powerful. Wearing a signature piece of clothing or jewelry—something that makes you feel like a star—can elevate your energy and mindset before stepping in front of the camera.

Whether it's a bold necklace, a favorite jacket, or a lucky pair of earrings, this piece becomes part of your "camera-ready" ritual, helping you step into your most empowered self.

Not only can your wardrobe boost your confidence, but it can also become a visual trademark that adds brand recognition to your videos. When you consistently wear something that stands out, your audience begins to associate that piece with you and your message. It becomes part of your personal brand, helping you create a memorable and cohesive presence on camera. Dressing for confidence and brand identity is a simple yet powerful way to shine and leave a lasting impression.

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HIT RECORD

The best way to overcome the fear of being on camera is simply to start recording, even if it feels uncomfortable at first. You don't have to create a polished video right away—just hit record and allow yourself to go through the motions. You can even practice some of the Camera Ready Rituals in front of the camera, like vocal toning, tapping, or striking a power pose. Being silly while the camera is recording helps lower your inhibitions.

It's completely normal to cringe at yourself when you watch the playback, but that's part of the process. The more you record, the easier it becomes, and each time you hit record, you're making progress. Let go of perfection and record anyway—the magic happens when you allow yourself to show up, flaws and all. Keep recording, and soon the fear will fade, and your confidence will shine through.



READY FOR MORE?

Now that you've built the confidence to step in front of the camera, the next step is mastering the strategy and technical skills to make your videos stand out. In my Video Visionary course, you'll learn everything you need to create short-form videos that effectively get your message out there—from recording and editing to having fun while doing it!

And if you're ready to accelerate your business even more, my 1:1 coaching offers personalized strategy and hands-on support to help you grow your business online. Whether you need help with video, business planning, or both, I'm here to guide you every step of the way. Let's get your message out there and take your business to the next level!

Find out more at wonderandwilder.com/links



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