

Camera-Ready Checklist

Twelve weeks of recordings start here. The 5-minute setup:

- ☐ Camera at eye height (stack of books counts).
- ☐ Light on your face, not behind you.
- ☐ Quiet enough is quiet enough.
- ☐ Notes beside the lens, not in your lap.
- ☐ Look at the lens when it matters, notes are allowed the rest of the time.
- ☐ Press record before you feel ready — that's the practice.

And the cohort 1 lesson, with love: simple and posted beats perfect and postponed.
Every single time. One take you finished is worth five takes you deleted.

Speaking is a practice. Not a performance.