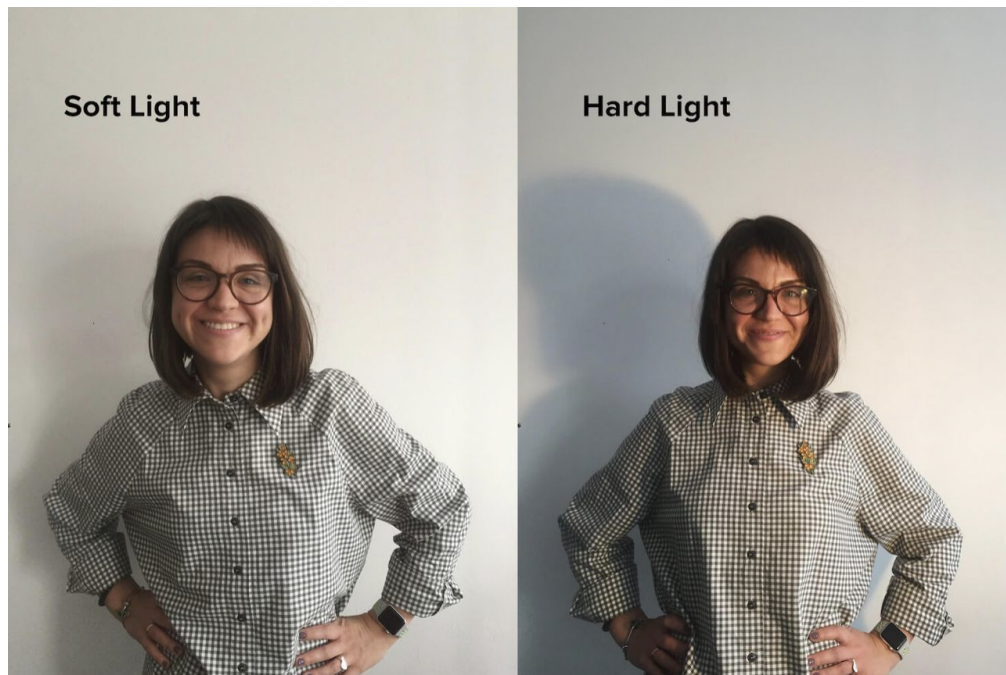


## Self Filming Tips

### 1. Use Plenty of Light

- Lighting makes a huge difference in quality
- Do your best to film in the morning or early afternoon when natural light is softer
- If natural lighting is not available try to film in a well lit area in your home



### 2. Use a Clean Background

- Avoid unprofessional, messy or distracting backgrounds
- use a solid-colored background. A wall, a bedsheet, or a large sheet of backdrop paper are all good options.

### 3. Avoid Shaky Footage

- Set your smartphone on a sturdy surface

### 4. Clear Audio

- When recording try not to have any background noise, tv, radio etc...
- Talk loud & clear

## 5. Center Yourself

- Try your best to be in the center of the frame & avoid too much movement when speaking



## 6. Use Your Phone the Right Way

- Record in landscape mode (that is, horizontally instead of vertically). This will give you footage that looks good on larger devices, not just phone screens.

