

## Your video fears

Doing video seems to scare the life out of some people (not so much out of others...), but it doesn't have to be that scary. Be honest with yourself. Use the table below to list your fears on the left, and then justify what is actually true on the right.

| My Fear                            | Reality  |
|------------------------------------|--|
| Example: "I have a face for radio" | Example: People watch the video for your content, not to judge how you look. |