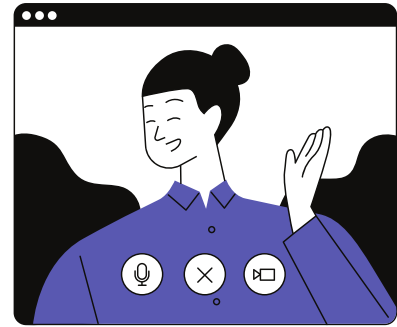


Elevate Your Presence on Video

GO LIVE CHECKLIST



1. What they SEE: You

My Go-To Shirts: _____

My Go-To Jacket: _____

Other: _____

Your Space

Only What They See in Your Box!

What's Behind You?

Dedicated Corner?

Lighting: _____

Other: _____

2. What they HEAR:

My Go-To Microphone

Check the Mic Settings

Shut Doors

Let Others Know On Call

Other: _____

3. What you SHARE:

Shake Your Hands/Arms Out

Take 5 Deep Breaths

Talk to a Friend Over Coffee

Dress for Your Day

Get in Your Work Mindset

Equipment Options: (see next page for product recommendations with links)

Extra Light

External Microphone

External Webcam

Laptop Stand/Books

Standing Desk

Dedicated Corner

Notes/Reminders:

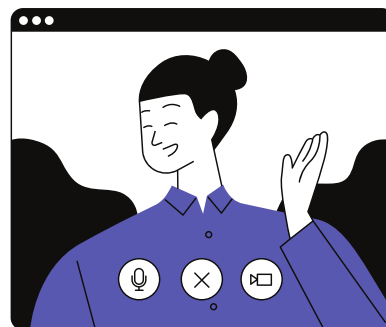


Want more tips? Check out Amanda Mae Gray on YouTube:
www.youtube.com/c/amandamaegray



Elevate Your Presence on Video

PRODUCT RECOMMENDATIONS



1. What they SEE:

LIGHTING:

Know you need to adjust each time

- [2 Bi-Color LED Tripod Lights](#)
- [Large Ring Light](#)
- [Daylight Bulbs](#)
- [Color Changing Flood Lights](#)

BACKGROUND:

Have a dedicated space that stays uncluttered

- [Peel & Stick Wallpaper](#)
- [Neutral Shower Curtain](#)
- [Pull Up Green Screen](#)

WEBCAM:

Logitech makes great products, they do need firmware updates at times

- [Logitech Brio](#)
- [Logitech C922](#)

DESK ITEMS THAT HELP:

These items help keep you adaptable

- [Standing Desk](#)
- [Adjustable Laptop Stand](#)
- [Adjustable Webcam: PlexiCam](#)

2. What they HEAR:

YOU NEED AN EXTERNAL MIC:

Use what you have now, upgrade when you can

- [USB Podcast Style](#)
- [Wireless Lavalier](#)
- [Mic Boom Arm](#)

Notes/Reminders:



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