



STEP-BY-STEP CHECKLIST FOR REVIEWING YOUR VIDEOS

...so that you can quickly improve and start loving how you deliver on camera!

Congratulations! **You now have my trusted sequence for reviewing on camera presentations!**

This process is the result of countless discoveries collected over my 30+ years of on camera presentation coaching to many of the highest-paid and most famous speakers—including leading experts, entrepreneurs, motivational speakers, coaches, authors, and beyond.

But unlike myself and those clients...You don't have to invest decades of time or 6-figures of cash to discover my strategy. **All you have to do is follow along with this Step-By-Step Guide.**

You'll want to use this sequence for every video review you do, so you can compare results and recognize how much you're improving. It works for videos of your virtual meeting, training course, social media asset, webinar, ad, virtual keynote, and more.

With this resource, you'll be able to **quickly gain clarity** on what you're doing right and where to focus your improvement.

Consider it your **fast-track to on camera confidence** and **professionalism**, when you can painlessly produce videos people love to watch and you're proud to share.

The terms and techniques I refer to can be found inside my [Voice of Virtual](#) online training program.

You'll want to jump in right away, so you can finally stop wondering how to make your video presentations better.

Remember--the world needs to hear YOUR voice. Take advantage of this tool and give them share-worthy, professional videos, every time.

I look forward to hearing Your Voice, soon!

Roger Love



WARNING: Do not underestimate the power of this Process. Great video presenting is the key to unlocking incredible new levels of impact, scale, reach, and revenue in our digital economy.



REVIEW 1: BIG PICTURE

Do a first review of your on camera presentation. This is the "big picture" review, so watch all the way through, noticing any obvious or key parts that really jumped out at you.

☐ **Did you congratulate yourself on delivering your on camera presentation?**

Start this process from a place of self-love and productive improvement.

☐ **Is there enough emotion?** ☐ **Did you open with Happy and Grateful?**

Favorite parts of my performance: _____

Top 3 Big Things I'd like to improve on: _____

REVIEW 2: SPECIFIC DETAILS

Your second review is the time to focus on key details. Use the checklist below to guide you.

NOTE: Actions that usually benefit a presentation have a + Things that tend to detract are noted as x

Time Did you go over/under your allotted time?

☐ x OVER ☐ x UNDER ☐ + ON TIME (within 1 min.)

Transitions

☐ x Did you get lost in your notes or forget your content?

☐ x Did you break eye contact for more than a few seconds to look through notes or cues?

Lighting

☐ x Did you move into a dark spot?

☐ x Were you over-lit?

Movement

☐ + Did you stay within the camera frame?

☐ + Did you engage your full body as often as possible?

☐ + Did you use The Lean?

(Learn about "The Lean" inside my Voice of Virtual program.)

_____ x How many times did your hand or head get cut off by the camera frame?

Fillers

_____ x How many times did you use a filler word like

"um," "uh," etc. *(Need help cutting out filler words? See my "Solid Airflow Technique" inside my Voice of Virtual program!)*

Eye Contact How many times did you:

_____ x Look at your notes?

_____ x Look away from the camera?

_____ x Look off camera?

Body Language How many times did you:

_____ x Put both hands in your pockets?

_____ x Cross your arms?

_____ x Turn your back to the camera?

_____ x Make parallel gestures?

_____ x Go too wide with the corners of your mouth?

(Learn how, inside my Voice of Virtual program.)

Wardrobe How many times did you:

_____ x Tug at your clothing?

_____ x Touch your hair or mouth?

_____ x Hold on to "security blankets" like pens, notebooks, coffee cups, etc?

_____ x Play with jewelry (watch, ring, necklace, etc)



REVIEW 3: DELIVERY

Do a third and final review of your on camera presentation, focusing on your delivery. Pay special attention to breathing, characters, and the Building Blocks of Voice.

NOTE: Actions that usually benefit a presentation have a + Things that tend to detract are noted as ✖
Not sure what The Building Blocks of Voice are? I break them all down in my [Voice of Virtual](#) program.

Building Block 1: Pitch

- ☐ + Did you use Chest Voice?
- ☐ + Did you use Middle Voice?
- ☐ + Did you use Head Voice?

Building Block 2: Pace

- ☐ + Did you change up your pacing to add emphasis?
- ☐ ✖ Did your overall pace feel too slow or fast?
- _____ + How many "power pauses" did you use?

Building Block 3: Tone

- ☐ + Did you add edginess (more vocal cord, less air) when you made the call to action?
- ☐ + Were you more edgy at the parts where you wanted to emphasize your credibility or confidence in your information?
- ☐ ✖ Are there parts where you sounded too airy (soft, delicate) or edgy (strong, aggressive)?

Note the time code here: _____

Building Block 4: Melody

- ☐ ✖ Did you fall into monotone?
- ☐ + Did you end on the same notes to add emphasis?
- ☐ + Did you use ascending melodies to keep people engaged and uplifted?
- _____ ✖ How many times did you use upspeak when you didn't intend to ask a question?

Building Block 5: Volume

- ☐ + Were the viewers able to hear you the entire time?
- ☐ + Did you change your volume to add emphasis?
- ☐ ✖ Did you avoid vocal volume spikes or drops?

Delivery: Character

- ☐ + Did you change voices when speaking for the different characters in your stories?
- ☐ + Did your voice match the vocal profile of the emotion or impression you were trying to convey?

Delivery: Breathing

- ☐ + Did you use diaphragmatic breathing?
- ☐ + Did you inhale at the commas and periods?
- _____ ✖ How many times did you run out of breath and fall into squeaky hinge?

(Need help improving your diaphragmatic breathing?
See my exercises inside my [Voice of Virtual](#) online program.)

EVALUATION

Overall, my performance was:

✖ 1 2 3 4 5 6 7 8 9 10 +

Why? _____

Today, my #1 motivation to improve is: _____

Ready to take your virtual presentations to the next level?



Get the
Voice of Virtual
Training Program!

CLICK HERE TO
JOIN NOW!