

MIRROR MIRROR ON THE WALL TOOL

Practice and Polish Your Talking Piece



Use this tool to get practice giving a convincing, confident and polished talking piece to put into your video teaser. If more things come to mind, practice those and you can cut those into a video presentation for another session of your course or mastermind. That's why it's always good to have a voice recorder handy because the pressure is off and you may say something that is just the perfect little nugget for your teaser. If you record it, it's there and you can overlay it to a slide since you are learning how to add audio in both a professional video editing software or keynote presentation with this course. If you don't like the recording, you can always delete it. Practice the performance tips from the video lesson. Remember to smile through it. Jot down anything you need to work on and then practice it again in front of the mirror. As Vince Lombardi said, "Practice does not make perfect. Only perfect practice makes perfect." That is why you "correct and continue," another priceless tip from #1 NYT best selling author and millionaire mind trainer, T. Harv Eker.

Do the *Get into the Right State Exercises* - The Stretch, The "Hoo-ah" Exercise, The Bliss Punch, The Master Prep and any other exercises from the video that feel right to you so that you get into the right emotional state to have BIG Energy without being pushy.

Jot down what exercises worked for you to get into a positive confident state and make this part of your video taping routine going forward:

What do you need to practice more of to look and feel good, confident and convincing on camera?

Practice it again in the mirror only this time make those changes.

How did it feel this time? Are you ready to push record and video tape yourself?
