



How to Give Your Story Power

1 Planning

- Start by defining your photography's or video's purpose and message.
- Video: write a script or outline to organize your ideas and ensure a clear structure.
- Choose the right location, lighting, and equipment for your shoot.

2 Capturing

- Use a tripod or stabilizer to keep your shots steady.
- Pay attention to framing and composition.
- Video: record good quality audio by using a microphone or getting close to the subject.

3 Editing

- Video: cut out unnecessary footage and keep your video concise.
- Cut out unnecessary images and only edit the finals.
- Video: Add music, sound effects, and graphics to enhance your message.
- Use color correction and grading to improve the visual quality of your video or photos.
- Remember to practice and experiment with different techniques to improve your video-making skills.





How to Capture the Perfect Selfie

1 Find Good Lighting

- Natural light is usually the most flattering. Stand facing a window or go outdoors during the golden hour (the first hour after sunrise or before sunset) when the light is soft and warm. Avoid harsh, direct overhead light, as it can cast unflattering shadows.

2 Choose the Right Angle

- Experiment with different angles to find your most flattering one. Generally, holding the camera slightly above eye level and angling it down can help define your jawline and make your eyes appear larger. Avoid taking shots from below, as this can distort facial features.

3 Frame Your Shot

- Think about what's in the background and make sure it's not distracting or cluttered. A simple and uncluttered background will make you stand out.

4 Focus on Your Expression

- Your facial expression plays a significant role. Experiment with different smiles, looks, or even more neutral expressions, depending on the mood you want to convey. A genuine smile and relaxed demeanor often work well.

5 Use the Front Camera

- If you're using a smartphone, consider using the front-facing camera (selfie camera). It's designed for close-up shots and is usually optimized for selfies.

6 Clean the Lens

- Make sure your camera lens is clean. Fingerprints and smudges can affect the clarity of your photo.

7 Confidence Matters

- Feeling confident can make a big difference in how your selfie turns out. Relax, have fun, and let your personality shine through.



How to Audio Record your Message

1 Plan Your Message

- Before recording, outline the key points you want to cover. Organize your thoughts and structure the message.

2 Choose the Right Environment

- Find a quiet and controlled environment to minimize background noise and distractions.
- Consider using a room with good acoustics to reduce echo and improve sound quality.

3 Script or Outline

- Depending on the nature of your message, you might want to write a script or at least an outline to guide you. This can help prevent rambling and ensure you cover all the important points.

4 Speak Clearly and at a Steady Pace

- Enunciate your words clearly. Speak naturally and avoid rushing through your message.
- Pause appropriately to emphasize key points and allow listeners to absorb information.

5 Minimize Fillers

- Minimize the use of filler words like “um,” “uh,” “like,” and “you know.” These can distract from your message.

6 Practice Makes Perfect

- If you’re new to recording, practice a few times to get comfortable with the process. The more you practice, the more confident you’ll become.

7 Be Authentic

- Be yourself while recording. Authenticity can make your message more relatable and trustworthy.