

Confidence on Camera Checklist

So you can hit record without the nerves.



by Andrea Stenberg

Confidence on Camera Checklist

Your step-by-step guide to calm nerves, boost confidence, and shine on video.

1. Center Yourself

- Take three deep breaths to ground yourself
- Smile (yes, it actually helps shift your mood)
- Remind yourself: “This is a conversation, not a performance”

2. Prep Your Mind & Message

- Jot down 2–3 key talking points (you don’t need a script, just anchors)
- Place notes where you can glance at them easily
- Choose ONE person in your mind to speak to (it makes you more natural)

3. Set the Scene

- Tidy the background or use a simple, uncluttered space
- Adjust your lighting (face the window or use a lamp/ring light)
- Clean your camera lens (tiny thing, big difference!)
- Check sound (mic, earbuds, or headset — whichever makes you clearest)

4. Tech Confidence Boost

- Charge your devices fully
- Restart your computer/phone if needed (fresh start = fewer glitches)
- Turn on “Do Not Disturb” mode
- Close apps that eat bandwidth (Zoom, Dropbox sync, etc.)
- Do a quick test run if you’re feeling uncertain

5. Quick Confidence Touch-Ups

- Brush your teeth, smooth your hair, adjust your outfit, touch up your lipstick
- Keep water nearby (hydration helps nerves and your voice)
- Stand or sit tall — posture adds instant authority
- Do a quick “energy reset” (stretch, shake out your arms, dance for 30 seconds to your favourite tune)

6. Hit Record with Confidence

- Smile and look into the lens, not your face. (you're connecting, not performing)
- Remember: imperfect action beats waiting for perfection every time
- Trust yourself — you know more than enough to help your audience
- Press record (or go live)

✨ **Pro tip:** Your audience doesn't notice your nerves nearly as much as you think. What they care about is your message and your energy — and you've got both!

Who is Andrea Stenberg?



If a picture is worth 1,000 words, a video is worth a library when it comes to gaining visibility, showing off your expertise, and actually growing your business online.

A video marketing strategist, Andrea Stenberg shows coaches, course creators, and other heart-centered entrepreneurs how to share their unique brilliance and connect with their ideal clients using video.

If you don't know what to say, hate how you look, and are intimidated by the technology, Andrea helps you quickly and confidently make client-attracting videos. Stop making it up as you go along and start using a proven video strategy to attract new clients.

Ready to Move More Quickly?

👉 Book a [Visibility Action Session](#) with me. In just one call, we'll map out your best next steps for creating videos that build trust and get clients.

Let's Talk