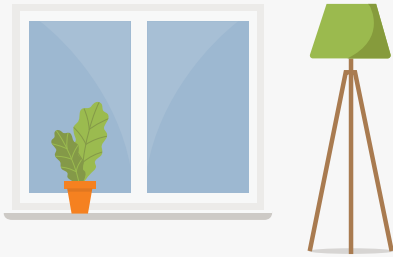# Video Recording

8 tips for recording yourself on video

Tip #1: Light from in front, not behind

Find a good light source, whether it's a window with natural light or a lamp, and record your video facing the light. Always having your main light source behind you.
Pro tip: keep some distance from your light source for the best outcome!

Tip #2: A quiet place is the best place

Find a peaceful, quiet place to film yourself. This way, you'll avoid unwanted distractions and noises coming through the microphone. Plus, you'll be more relaxed - and this will show in the video!

Tip #3: Use a microphone

Using a microphone will make your voice sound clear and prevent background noise from getting in the way. You don't need a fancy microphone: the one built in your headphones will do!
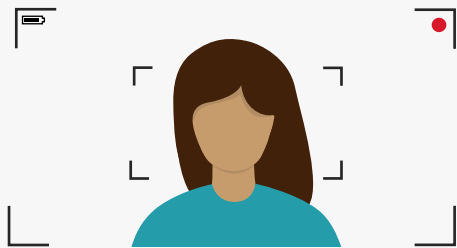

Tip #4: Steady as a rock

Keeping your phone steady while you're holding it with your hands is, if not completely, almost impossible! If you don't have a phone tripod, you can place it on a steady surface at the right height, wedge it against something that makes it stand (like a couple of books!) and you're ready to go!
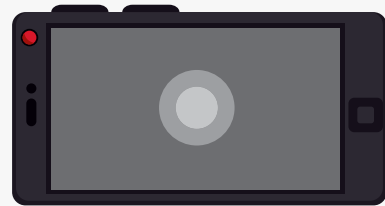
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Video Recording

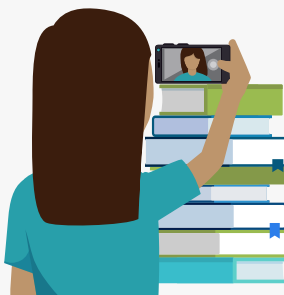## 8 tips for recording yourself on video

Tip #5: Look at the lens, not at yourself

Looking into the camera lens will make the viewers feel like you're looking at them (and it's much less distracting than looking at yourself!)
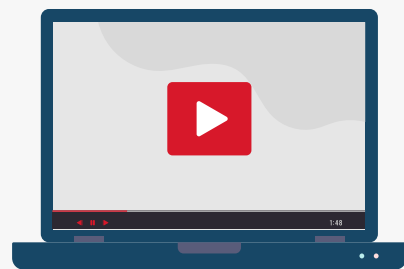
Tip #6: Focus the camera

Before you start recording, make sure your image is focused and sharp. Generally, phone cameras have an automatic focus feature, so you just need to tap on the object you want to focus - in this case, on yourself!

Tip #7 Get your angle right

Filming yourself from below or from above can throw off your viewers. Try to place your phone at the height of your face. You can use furniture, books, shelves, etc to prop up your phone to get the perfect angle.

Tip #8: Film in landscape mode

Make your video horizontal rather than vertical - this way it will look great in desktop screens and on video channels like YouTube.

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