

SELFIE GUIDE

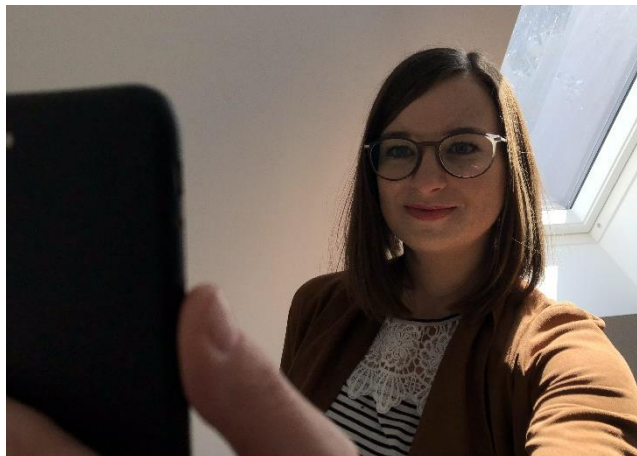
FRAMING

There are plenty of beautiful places to capture your selfie testimony but try to avoid distracting backgrounds or crowded spaces. Simple and clean backdrops are ideal.



AVOID BACKLIGHTING

You are beautiful and we want to see your face! Which means make sure your main source of light is facing you and not behind you.



FILM AT EYE LEVEL

Above eye level diminishes you to your audience.



Below eye level tells your audience you are imposing power.



Eye level shows you are accessible.



Above Eye Level



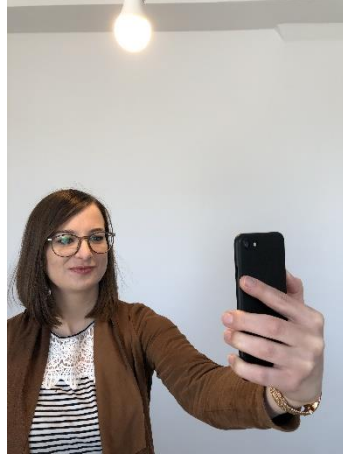
Below Eye Level



Eye Level

PRACTICAL LIGHTING

When filming indoors, avoid standing under a lamp or light. Avoid hard shadows. Be creative!



Stand a few feet from your light source for softer light. Also, standing lamps make great indirect lights. Use multiple light sources if possible.



CLEAN YOUR CAMERA

Most of us touch our phones 2,617 times a day. Make sure to clean your camera lens to get the best quality image possible.



FILM VERTICALLY

This means your phone is aligned short-side up.



SOUND

Try to avoid filming near noisy or loud areas like highways, restaurants, NASA launch stations, or WWE wrestling matches. We want to hear you loud and clear. Lastly, try to avoid covering the mic on your phone with your hands, and speak clearly and toward your phone. We are excited to hear your story!