



Game I: Dance Fever

The purpose of these next 4 exercises is to expand the boundaries of your ability to express yourself on camera without being self-conscious about it. But I think you're going to find these exercises unlike anything you've ever done, except maybe with Miss Keirnan in the 4th grade.

She might have on to something. After all, these games are a total blast!

The idea is to get an unaware part of your face, voice or body moving in ways you've never even once thought about. Let's get started.

One important principle in performance is that the body is the gateway to the mind. If you stop moving you begin to die. Keyboard warriors are the worst. My friend Chris, who builds dozens of courses for Udemy, and has built an 8 figure business there, knows this better than anyone. He stands at his desk all day like some kind of ultra-creative cashier. He records his thoughts by walking and talking into his phone.

We can surely take a minute to see what the creative muse wants to give us. We just have to get into motion to discover a new link between body and mind.

So let's try a game designed to restore that link. Now remember, doing anything new like this is going to feel out of your comfort zone. That's why I'm not asking you to record it. But do go with it no matter how strange it feels in the moment. You'll thank me later. :)

Pick up your latest video script. You're going to channel your inner Martha Graham. Or Madonna. Or Lady Gag-Ga. Gene Kelly? Or just your own bad self.

Turn on some music that gets your blood pumping. Then read the words off the paper while dancing to the music any old way you want. When you get to the end of the script you should be slightly out of breath. Otherwise, you haven't done it right.

What we're looking for is a loosening up of your body. Viewers can tell if you feel



stiff or flexible. Flexibility makes them feel more comfortable with you.

You do need to be flexible enough to move in the first place, so if you're restricted to a chair, don't worry about it. You can just move your upper body and get almost the same benefit.

Most people find these body-to-mind games pretty enjoyable. I hope you do, too.

On to Game #2, where we will literally give emotions to your body in the weirdest game you may ever have played!



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