

Your Voice Matters Challenge

A 30-Day Journey to Camera Confidence

“Let the redeemed of the Lord say so...” — Psalm 107:2

God has placed something valuable inside of you—your story, your experience, your faith, your knowledge. Now it’s time to practice sharing it with confidence and clarity. This challenge is designed to help you become comfortable speaking on camera so you can freely and joyfully share with those God will bring into your circle of influence.

You’re not recording for perfection. You’re rehearsing for purpose.

Challenge Overview

For the next 30 days, you’ll create one short video each day—just 5 minutes long—where you speak freely about a topic you care about. These videos are for practice only. You won’t share them publicly. The goal is to gain comfort, build confidence, and become more natural as you speak to your future audience.

Daily Practice Instructions

1. Choose a topic for your video.

Here are a few starter ideas:

- A life lesson God taught you
- A favorite Bible verse and what it means to you
- A tip for organizing your home, managing time, or staying healthy
- Part of your testimony
- A piece of advice you would give your younger self

Helpful Tip: You may jot down 2–3 bullet points on a 3x5 notecard to guide you—but no script! Speak freely, like you’re talking with a friend.

2. Record your 5-minute video.

Use your phone or any device that records video. Find a quiet spot with good light. Sit or stand comfortably. Smile. Breathe. And begin.

Speak as if you're encouraging someone who truly needs to hear what you have to say. This is your pretend audience—the people God will bring into your business, ministry, or life.

3. Name your file clearly.

After recording, rename your file using this naming convention:

SMG Practice YYYY-MM-DD

Example: SMG Practice 2025-03-24

Or if you want to number them:

SMG Practice Video 01

SMG stands for **S**agePreneurs **M**edia **G**rowth, but feel free to use your own initials.

4. Upload your video to Dropbox.

If you already use a file storage tool (like Google Drive or iCloud), you may use that.

Otherwise, follow these steps to get started with a free Dropbox account:

How to Create a Free Dropbox Account:

1. Go to: <https://www.dropbox.com>
2. Click “Sign up for free.”
3. Enter your name, email, and a password.
4. Click “Create an account.”
5. Download the app if prompted, or just use Dropbox in your web browser.
6. After logging in, click “Upload files” and select your video.

Important Notes

- You are not aiming for polished or perfect. Just practice.
- Smile. Show enthusiasm. Pretend you're speaking life into a woman who needs your words.
- Don't judge yourself. Don't analyze your delivery. You are learning by doing.
- If you miss a day, just start again the next day. Don't give up.

What You'll Gain

- Greater confidence on camera
- Clarity about what's in your heart to share
- A more natural and comfortable speaking style
- A growing sense of purpose in your voice

Your Voice Matters

God gave you a voice to speak truth, life, encouragement, and hope. Let this challenge be your training ground. By the end of these 30 days, you'll be amazed at how much more comfortable and confident you feel.

You're not just rehearsing. You're preparing for impact.