



PREPARING FOR YOUR PHOTOSHOOT

Welcome to your preparation guide for feeling confident, relaxed, and exuding fun energy at your upcoming photoshoot! We're here to ensure that you shine bright and showcase your unique brilliance in front of the camera. Let's dive into these short tips to make your photoshoot experience truly amazing:

1. **Get Organized**: Plan your outfits and props ahead of time for a stress-free session day. Lay your outfits out with accessories and take photos for reference. If there are several people to be photographed, lay the clothing out together to see how they look alongside each other.
2. **Glam It Up**: Consider booking hair and makeup services to boost your confidence. Don't forget about your nails and embrace your brand colors. If you can do a practice run with the makeup artist, that would be even better but if not, that's great too!
3. **Take Time Off**: If you can pull it off, schedule some downtime before the shoot to relax and recharge. Take time to release the stresses of the day from your body and mind. Plenty of rest will keep your energy high and your smile glowing!
4. **Sleep, Stay Hydrated and Nourished**: The night before, get a good amount of sleep. Prior to the shoot, drink plenty of water and eat well to look and feel radiant on camera. Do not come hungry because it will distract you. If children will be photographed, make sure they have their naps and are not hungry when they arrive.
5. **Dress to Impress**: Choose outfits that flatter your body and showcase your best features. Stay with colors that are not too busy or distracting. Plaid, loud colors and bright white are just a few examples of colors that can be distracting. Try subscription boxes for wardrobe options. Here are some color guides to inspire you: [Color Combinations Link](#)
6. **Pump Up the Jams**: Create a "Confident AF" playlist to set the mood during your shoot and bring it with you. Get ready to share it with us. Let's dance and have fun!
7. **Practice Mirror Posing**: Stand in front of a mirror. Make faces at yourself and make yourself laugh. Check out posing hacks videos on Youtube and have fun. Pretend you're angry, sad, happy, and just have fun to relieve some tension because you are amazing. Just look at you!
8. **Embrace Your Beauty**: Focus on what you love about yourself and your personality and be kind. Remember, even the most beautiful people have feelings of self-doubt, but true beauty shines through when we embrace and share our authentic personalities. Have fun!
9. **Bring Props That Spark Joy**: Include props that make you happy and reflect your personality. Clothing props, work props, 'you' props - those are all great things to have. We may not use them all but if you want them in your photo, we can try to get them in.
10. **Strike a Power Pose**: Do you know the superhero pose? Stand tall and confident with their fists on their hips, spine elongated, feet apart and chin up. Do that before you leave for your shoot to boost your mood and energy levels. Besides, it's so fun and you are a superhero!
11. **Laugh and Be Playful**: Have fun, laugh, and play during the shoot. Genuine joy shines through in photos! Think fun and you'll have fun. Think about the times when you've had the most crazy fun and bring that energy with you. Get ready to shine bright and have some fun!