



#MEACTION SELF PORTRAIT TRAINING WITH LUCIA DOYNEL

SELF PORTRAIT PLANNING

If your story was an essence or quality... What is the essence you would like to communicate? What is the key learning you received from that experience? What is your new inner strength you developed because of it?

What is a positive quality you would like to communicate and experience through your self portrait? Distill it into 1-3 words.

Using those words, create an affirmation for your self portrait using "I AM" statements.

Using those words, find inspiration images, either on Pinterest or Instagram:

For example: [quality] + photoshoot

Here's a pinterest board I created for this class: <https://www.pinterest.com/doynellucia/meaction-self-portrait-class/>

Self Portrait inspirational images:

Final image you would like to create:

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PRE-PRODUCTION

Decide what you want to wear, how you want to pose, how you want to style yourself, props you might want to include.

Decide when you are going to take the photo. If you are using natural light indoors, most likely in the morning would be the best lighting. If outdoors, around sunset would be ideal.

PRODUCTION

Right around this point, as the shoot starts to get closer, things may come up about photographing yourself.

What does your heart need right now in order to feel safe to be seen? Remember to breathe and be gentle with yourself.

Set your tripod in the angle you would like to photograph, if you don't have a tripod you can make one with books, a mug, a shelf. whatever you have at home.

- Set the shot
- Set the timer Or film yourself going through the poses
- Pose and breathe and remember your intention

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POST PRODUCTION

App check list:

- If you filmed yourself use the app Frame Grabber to select your shots
- Snapseed
- Lightroom Mobile. You can also download my free Lightroom preset : <https://www.selfportraitconfidence.com/lightroom>
- VSCO App