Record yourself and review: a self-review sheet

Turn one playback into three changes for the next run.

Record every presentation, even if it is audio only. Watch in three passes, and note what you see and hear, not how you feel about it.

Before you watch

Talk or event _____

Date _____

Length of recording _____

Recorded as (video or audio only) _____

Did someone else watch? What did you ask them to look for? _____

Pass one: sound off, for body and eyeline

- ☐ **Tics and fidgets (note the count each time)** _____
- ☐ **Eyeline: where did you look, and for how long?** _____
- ☐ **Hands and posture** _____
- ☐ **Movement that pulled attention away from the point** _____

Pass two: sound on, for words and pace

- ☐ **Pace: where did it change, and why?** _____
- ☐ **Filler words (note the count: um, so, like)** _____
- ☐ **The opening** _____
- ☐ **The close** _____
- ☐ **Reactions: did you wait for a response from the audience or the camera?** _____

Pass three: picture off, for the voice alone

- ☐ **Clarity of the voice on its own** _____
- ☐ **Where the voice dropped or lost energy** _____

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Score each area from 1 to 5

Tick one box per area. 1 needs the most work, 5 is strong. Use the notes to say why.

Area	1	2	3	4	5
Eyeline	☐	☐	☐	☐	☐
Body and fidgets	☐	☐	☐	☐	☐
Pace	☐	☐	☐	☐	☐
Filler words	☐	☐	☐	☐	☐
Opening	☐	☐	☐	☐	☐
Close	☐	☐	☐	☐	☐
Reactions	☐	☐	☐	☐	☐
Voice	☐	☐	☐	☐	☐

After the review

- ☐ **Choose three changes, ranked by how much each would help the audience.**
- ☐ **Write one thing that worked, and keep it.**
- ☐ **Rehearse only the three changes in the next run.**

Change 1 _____

Change 2 _____

Change 3 _____

The one thing that worked _____

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