

# Selfie Checklist

## "In 3 Minutes or Less!!!"

**Step 1: Have a good camera phone** (either Android or iPhone) and set your camera to portrait mode if your device offers this feature. I'll explain in more detail in Step 3

**Step 2: Good lighting is an absolute must!** Natural light is best, facing a window (avoid taking a photo with your back to the window) for a little extra assurance I suggest investing in a good Selfie Ring Light. You can get one that attaches to your phone for under \$15 dollars [here's the one I recommend!](#)

**Step 3: Know how to stand and hold your phone properly.** First, how to stand, try shifting your body slightly to create some angles in your body, even a slight three-quarter shift can create more dimension it can even make you look thinner and who doesn't want that, right!? :)

**Try leaning your head in slightly towards the camera.** Doing this adds a little more length to your neck. Straight on or slightly above angles looks best. Super important, looking downward onto your device should be avoided at all costs!

**Second, holding your phone away from your body will instantly add depth to your images** (and if you use the portrait setting) your background will be blurred out while your face will be in sharp focus. On the newer iPhones, this feature comes built in. Lastly, here's a bonus tip, to avoid having your arm appear in your selfie try extending your elbow outward slightly.

**Give yourself one final check before you take your selfie.** Make sure you're facing the light and it's not behind you (super important) check the composition of your face, hair and your jewelry and of course, last but not least, don't forget to smile! Take a few frames just to make sure you capture the one you want to use

**Step 4: Edit your final selections.** One of my go-to image editing app is Beauty Plus! With it, you can do things like remove slight blemishes, whiten your teeth and a variety of useful image editing tools. One last thought on filters. They can be a selfie's best friend when used correctly. By experimenting you'll find the right ones that work best for you!

**Step 5: Write your copy and upload that and your new selfie to the social media platform of your choice!**