

TAKE THE STAGE

A CREATIVE CAREER FRAMEWORK BY AYA HOJADOVA

SELF-TAPE CHECKLIST

Self-Tape Checklist

Packaging Your Work Professionally

AYA'S SELF-TAPE NOTE

Self-tapes are part performance and part delivery. This checklist keeps your work clean, clear, and professional so your choices can land.

1) Setup

- ☐ Neutral background
- ☐ Clean lighting (natural light or soft light)
- ☐ Clear audio (quiet room; mic if available)
- ☐ Camera stable (tripod or steady surface)
- ☐ Film horizontally unless requested otherwise

2) Framing

- ☐ Chest-up framing
- ☐ Slight headroom
- ☐ Eye line slightly off-camera (unless instructed otherwise)
- ☐ Face open to camera without "playing to" camera

3) Recording

- ☐ Read instructions carefully (slate, framing, wardrobe, file naming)
- ☐ Record scenes separately (if requested)
- ☐ Include slate only as requested
- ☐ Allow a beat before and after the scene
- ☐ Choose the strongest truthful take (not the most "performed" one)

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4) Editing + Export

- ☐ Keep edits simple (clean cuts, no effects)
- ☐ Export as MP4 (unless instructed otherwise)
- ☐ Check audio sync + volume
- ☐ Watch once all the way through before submitting

5) File Naming + Delivery

File name format: YourName_ProjectName_Role (unless instructed otherwise)

My file name will be: _____

- ☐ Confirm submission method (email / upload / link)
- ☐ Confirm deadline and time zone
- ☐ Send with a brief, professional message
- ☐ Save a copy in a folder for your records

6) Aftercare (Release Attachment)

The audition ends when you leave it.

What I will do after submitting to release the outcome is: _____

One way I'll celebrate showing up is: _____

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Self-Tape Checklist, continued

Pause & Integrate

- What did you discover about yourself?
- What action will you take this week?
- What identity are you stepping into now?

NEXT STAGE ACTION

Before you send the tape, watch it once for clarity - not perfection. Then submit it, save a copy, and let the audition leave your body.

CONTINUE THE WORK BEYOND THE PAGE

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risewithaya.com/start-here



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