



Video Testimony Guidelines

- Keep video to 3 minutes or under
- Tell your story...(a) what caused your struggle/challenge (b) during what period of your life did this take place and if it is still taking place; (c) your journey/story; (d) how not perfect and/or breaking free is helping you or has helped you.
- Be passionate, honest, and straightforward and let your emotions go....be yourself. You may never know how many people you will help.
- Wear your not perfect item (bracelet, t-shirt or item of your choice for the video) if you have one.

Not Perfect's goal is leading others to us so we can be of help, hope and strength to them.

Go to www.notperfectsite.com and look at others testimonies for inspiration.

Your testimony can be powerful in helping others realize: "we are not perfect, we are not alone and we can break free".

Thank you!