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Jeffrey Dreisbach

**Self-Tape Setup Audit Worksheet**

**Why This Matters**

Your self-tape setup sends a message before you ever say a word.  
Casting professionals are looking for clarity, intention, and professionalism—and they notice the little things. Use this worksheet to assess your setup and ensure you're putting your best foot forward.

**✅ Visual Setup**

 Is your background **neutral**, uncluttered, and distraction-free?

 Are you **asymmetrical in the frame**, with a minimal amount of headroom?

 Is your camera at **eye level**, not too high or low?

 Are you **well-lit from the front**, with no harsh shadows or flickering light?

 Is your **eye line appropriate** to the scene and consistent throughout?

**✅ Sound Setup**

 Is your **voice clear** and at a consistent volume?

 Are there any **distracting background noises** (fans, pets, traffic)?

 Have you **tested the audio playback** before recording your final takes?

**✅ Performance Space**

 Do you have **enough space to move** naturally within the frame?

 Can you **maintain energy and focus** in the space you’ve chosen?

 Is your backdrop **free from elements** that pull focus from your performance?

**✅ Final Touches**

 Have you done a **test recording** to check lighting, sound, and framing?

* Does your setup **communicate professionalism and intention**?

 Do you feel **confident and focused** with yourself and the other character(s) placement in the scene?

**Final Reminder**

A great self-tape doesn’t require expensive equipment—it requires **intentional choices**. Your setup reflects your preparation, presence, and pride in your work.