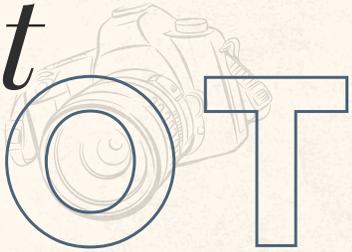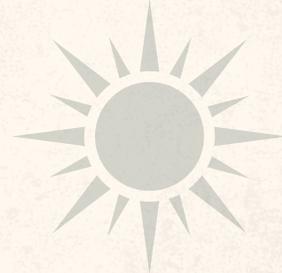# Getting a Perfect
HEADSHOT

1. **LIGHTING**
Natural lighting is best. Face a window or door.

2. **BACKGROUND**
A solid background like a wall, door, or even a sheet tacked to the wall.

3. **CAMERA/PHONE**
Set your camera/phone at eye level. Not higher or lower.

4. **CLOTHING**
Neutral clothes with no large logos or text. Solid colors, no busy patterns.

5. **SPACING**
Take 2 big steps away from your background.

6. **POSE**
Relax your shoulders and smile. Roll your shoulders a few times if you need.

7. **EDITING**
Edit as minimally as possible and crop to include at least from mid-chest up.

EXTRA TIPS
Take 20+ pictures to give yourself more to work with.
If you don't like taking stills, try a video and pause to find the best version.
Don't use a front facing camera, back facing is much higher quality.
You don't need a fancy tripod. Books, plants, and dishes can all do the job.