



TOP 10 TIPS TO LOOK YOUR BEST IN PHOTOS

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Breathe Life Into Your Image

I'm so glad you're taking the time to get over any fears or insecurities you may have about stepping in front of the camera. Almost everyone I photograph tells me how uncomfortable they feel in front of the camera, that they take a terrible photo, and how they wish their appearance was different in some way. You're not alone if these thoughts resonate with you!

I hear these all the time, but we all know this whole social media thing isn't going away anytime soon. If you want to be seen and be heard for all the good things you do, you have to become comfortable in front of the lens, and in my opinion, make it your priority to accept yourself as you are!

Have you ever considered that you can love how you look in pictures and grow your confidence in front of the camera, with just a few simple pro tips?

These simple steps will have you shining with confidence, so the next time you're at an event or party, or it's time to post a photo of yourself, you won't go running for the hills when someone points their camera your way!!

So here they are - my top 10 tips to look your best in photos - every time!

Linda



1. Light You Right

Lighting is the main ingredient to exceptional photography.

If you get caught in bad lighting, all the stuff you don't want to see will become visible and quite possibly take centre-stage.

So a simple tip is to try to make sure that you're facing the main light source. Look for windows, brighter spots in a room, the sun, or if all that fails use a flash on your camera.

Even if you're standing in front of the best sunset ever and want to look amazing, you'll need to face the setting sun to get that warm, more even, flattering light, not to mention that beautiful sparkle in your eyes and gorgeous glow to your skin.

The mid-day sun is not your friend, so find a shaded area and then face wherever the strongest source of light is coming from.

2. Rise Up

So this is the go-to for creating a confident glow, where you own the fact that you are in the photo.

You can create so much confidence by simply standing tall and engaging in good posture.

Push your chest out, relax your shoulders, have a slight curve in your arms, tightening your core.

Put your weight on your back leg and you'll create a flattering curve in your body and automatically look more confident. This works especially well when being photographed on your own.





3. Chins Out

This is all about creating a great jawline - every time.

Many people believe that raising your chin forward and up will get rid of the dreaded double chin.

It's actually the opposite.

Raising your chin actually draws attention to the entire area and makes the chin look more prominent.

Instead, try pushing your chin forward and then slightly down.

This one takes a bit of practice but I highly recommend giving it a go in the mirror at home and will be pleasantly surprised by the results!

4. Create Shape

Creating movement and shapes in your body is one of the best ways you can look your best in photos.

You can achieve this by bending and relaxing the joints in your elbows, wrists, knees & ankles.

Creating space between your limbs and your body not only flatters your shape but the triangles created are pleasing to the eye and create interesting composition too - so for me, this is a win-win!

Crossing your arms or leaning forward hands crossed over on your lap can cover and conceal tummies or placing a hand on your hip can show off your gorgeous curves.

These all beat standing straight on stiff as a board and hoping for the best! Make sure to always keep in mind you want to be relaxing those fingertips!



5. Highlight Your Favourite Bits

A good rule of thumb is to move the parts of your body you don't love as much away from the camera and push those you love towards it!

This may seem obvious, but the simplicity of it can't be overlooked.

We all have a favourite side so practice taking selfies and figure out yours and be sure to tilt that side of your face forward.

The eyes truly are the windows to the souls so use them to engage draw the viewer in.

These tried and true tricks of the trade do wonders, especially for those who say they never look good on camera!



6. The Knowing Smile



This is what most clients always ask for - the knowing smile.

They want to look confident and connected, and I promise if you can nail this one, then you've got this one in the bag!

It's the kind of smile that reminds me of when you're thinking of someone you love or care about. The smile that ignites you and lights you up from the inside. It's the split second before you're about to give a big smile and the one that resonates and connects your view to you instantly!



7. Bring On the Joy!

One of the things I love most about being a photographer is that I get to photograph the joy within people!

If you're nervous or don't like having your picture taken but try to appear joyful in a portrait, it can often end up making you look like a deer in the headlights instead, and I don't want this to happen to you anymore!

The trick is to just laugh! Think of something funny, or just fake it. It's easier than you think, you'll look amazing and like the life of the party! And a little laugh to the side can be super engaging and attractive!

I know, I know, it will feel totally silly at first, but when you see the results, trust me, you will love the power of this little tip!!

8. Right Fit

As in life, there is no 'one size fits all' when it comes to wardrobe advice.

I believe the most important thing you can wear at your photoshoot is confidence.

Choose clothes that make you feel empowered, beautiful, and comfortable, whatever that may look like for you and your body type.

The more comfortable you are, the more you can focus on allowing your true self to shine through in the images and own it!!





9. Don't be too serious

OK, so if you naturally feel stiff and awkward in photos, this one may freak you out a little bit.

But the fact is, our eye is drawn to the person who looks like they're having the most fun.

So don't be afraid to let loose and have a bit of fun and bring out your personality next time you're in front of the camera.

You want these images to connect and create real relationships in your life so being authentic and letting your personality shine is one of the best tips I can give you.

And I can almost guarantee the experience will be quite liberating and change the way you see yourself!

10. Practice



We all know the old rule, practice makes perfect and what you practice you can master.

For the generation who were practically born with a smartphone in their hands, they have literally spent hours and days perfecting their poses. But for the rest of us, we don't necessarily have the time or patience to do this as much as they do!

You can however practice when the camera is in front of you at the next event or when you're out with a friend or on a walk.

Even if you just employ one or two of these tips, it **WILL** make a huge difference to how you perceive yourself in your photos.

Ultimately, the more you practice these tips I've shared, the more confident, connected and self-accepting you will become!

Go dear friend and shine in your photos!

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LINDA'S NOTE

Now you should be well on your way to feeling more confident in front of the camera.

When you have images of yourself that you love, you will share them, and people who are good for you will be drawn to you.

It's that simple.

I hope this will serve you well in your quest to feel more comfortable and ultimately confident when in front of the lens, whether it be for business or personal use.

I'd love to get to know you so feel free to connect with me on social!



I love to help entrepreneurs just like you gain confidence & make more money with stand-out personal branding photography!

I can't wait to meet you!

