

THE SOVEREIGNTY INTERVIEW

Pre-Interview Checklist

Use this quick checklist 15-30 minutes before your scheduled interview. The goal is simple: eliminate technical distractions so the conversation can focus on substance.

CAMERA & LIGHTING

- ☐ Camera is stable and positioned at approximately eye level.
- ☐ Framing is roughly mid-chest to just above the head.
- ☐ Camera lens is clean.
- ☐ Face is evenly lit; no bright window or lamp directly behind me.
- ☐ Background is clean, intentional, and free of private/confidential material.

AUDIO

- ☐ Preferred microphone/headset is connected and selected.
- ☐ Microphone is close enough for clear speech.
- ☐ No fan, television, radio, or avoidable background noise.
- ☐ Headphones/earbuds are available if echo or feedback occurs.
- ☐ Phone and computer notifications are silenced.

INTERNET & DEVICE

- ☐ Device is connected to external power.
- ☐ Internet connection is stable; Ethernet is used if available.
- ☐ Bandwidth-heavy apps, backups, downloads, and streaming are closed.
- ☐ Unnecessary browser tabs and applications are closed.
- ☐ Interview link/platform is open and ready.

INTERVIEW MATERIALS

- ☐ Water is within reach.
- ☐ Notes and source documents are organized and easy to access.
- ☐ Important dates, figures, names, or citations are available if needed.
- ☐ I have reviewed the agreed primary interview topic.
- ☐ I am in a location where I am unlikely to be interrupted.

FINAL CHECK

Join early enough to resolve any problem before the scheduled recording time. If something is not working, contact TSR rather than trying to improvise through the interview.

Questions before your interview? media@thesovereigntyreport.com