

Boudoir Photography — Workbook

This workbook is your practical companion to the Boudoir Photography course — use it to apply each concept to your real studio setup, client base, and creative goals. Complete each section after the corresponding course module while the material is fresh. Return to this workbook when planning new sessions, onboarding clients, or reviewing your business metrics.

Light, Camera, and Studio Fundamentals

Translate the technical concepts from Module 1 into your specific shooting environment, gear, and budget.

Exercise: Lighting Setup Test

Set up each of the three beginner lighting configurations described in Lesson 1 in your intended shooting space. Use a willing stand-in (friend, partner, or yourself with a self-timer) and shoot 10 frames per setup. Review the results and answer the prompts below.

- Which setup produced the most flattering shadow-to-highlight transition on the face, and what was the approximate key-to-fill ratio?

- At what modifier distance did the light transition from soft to noticeably harder, and how did that affect skin texture in the images?

- Which setup will you use as your default opening configuration for new clients, and why?

- What one piece of equipment or DIY solution would most improve your worst-performing setup?

Worksheet: Camera Settings Baseline Sheet

Complete this reference sheet for your primary camera body before your first paid boudoir session. Tape a printed copy inside your camera bag.

Camera body and lens combination

Base ISO (dual-gain threshold for your body)

Maximum usable ISO before unacceptable noise on skin tones

Preferred aperture for single-subject reclining poses

Preferred aperture for full-body standing shots

Minimum shutter speed for handheld, subject at rest

Minimum shutter speed for subject in motion

White balance Kelvin value for your primary shooting room

AF mode for still poses

AF mode for movement

Checklist: Studio Readiness Checklist

- Shooting space cleared of irrelevant objects within camera sightlines
- Uncontrolled windows blocked or diffused
- Room temperature tested and controllable (target 22–24°C)
- Privacy sign or lock in place on shooting room door
- Client changing area set up with mirror and hook for garments
- Client robes (minimum 2) clean and on hand
- Garment steamer, lint roller, and small mirror accessible
- Playlist prepared at appropriate volume level
- Tethering cable with strain-relief clip tested and ready
- Backup memory card in slot 2 confirmed

Posing Direction and Body Awareness

Build and personalise your posing library, practise your cuing vocabulary, and develop a session-day flow from conservative to editorial.

Exercise: Posing Pyramid Drill

Choose one of the six core poses from Lesson 4. Starting from that single position, generate as many distinct variations as possible by changing only one variable at a time (gaze, hand placement, chin angle, leg position). Photograph each variation and lay them out in a contact sheet. Answer the prompts below.

- How many distinct frames did you generate from a single core position, and which variable produced the most variety?

- Which variation felt most natural for the subject and which required the most active direction?

- Identify two variations from this exercise that you will include in your default session sequence going forward.

- What verbal cue produced the most natural expression change during this drill?

Worksheet: Personal Posing Reference Card

Build your go-to posing sequence by completing this card. Print it and keep it in your camera bag for the first 20 sessions until the sequence is memorised.

Opening pose (should be standing, low vulnerability)

Second pose (transition — seated or semi-reclined)

Third pose (mid-session — bed or floor, first set change point)

Fourth pose (more editorial — your strongest creative direction)

Fifth pose (closing favourite — most requested or most reliably flattering)

Fabric use: when in the sequence do you introduce a sheet or robe?

Your go-to verbal cue for authentic expression

Your go-to verbal cue for chin position

Your go-to verbal cue for relaxed hands

Body-type adaptation note for the next client you are photographing

Checklist: Pre-Session Posing Preparation

- Reviewed client consultation notes and identified her stated comfort level on the 1–5 scale
- Noted any physical considerations (mobility, injuries) that affect certain poses
- Identified which core positions to emphasise or avoid for this client's body type
- Prepared 2–3 fabric options appropriate to her wardrobe choices
- Confirmed touch agreement and identified which adjustments you may need to make
- Set a specific posing goal for this session (e.g. test three new variations of the on-stomach prop pose)
- Reviewed last session's contact sheet for any posing habits to correct

Exercise: Cuing Vocabulary Self-Audit

Record yourself directing a stand-in through a 15-minute posing session (audio only is fine). Play it back and evaluate your language choices against the cuing guidelines from Lesson 6.

- Count how many directional instructions used body-negative language or commanded an absolute position — list them and write a replacement phrase for each.
 - How many times did you offer an affirmation between corrections? Aim for a 2:1 affirmation-to-correction ratio.
 - Identify one verbal cue that produced an immediate, natural result and note why it worked.
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Client Experience and Ethics

Design, document, and test your full client journey from inquiry to gallery delivery, with consent and privacy safeguards at every step.

Worksheet: Consultation Script Builder

Write your own version of each consultation touchpoint below. Aim for language that matches your brand voice — warm and professional, or editorial and minimal. These become the script you use on every client call.

Opening statement (how you introduce the consultation and set the agenda)

Purpose question (how you ask what brings her to boudoir photography)

Body preference question (tactful way to ask what she loves and what she would like de-emphasised)

Comfort scale introduction (how you explain and ask for her target range)

Touch agreement statement (your exact words for establishing the touch protocol)

Privacy and image use explanation (how you describe the tiered consent model)

Fear and concern invitation (how you ask for her biggest concern)

Closing confirmation (how you confirm the session date, what to bring, and what to expect)

Checklist: Client Agreement and Consent Checklist

- Contract reviewed by a lawyer at least once
- Image use rights section covers all four tiers: full identity, face obscured, body-only, no public use
- Opt-in model release — not opt-out
- Storage duration and deletion policy stated with specific timeline
- Session recording policy addressed
- Comfort scale range confirmed in writing or recorded in CRM
- Touch agreement documented
- Deposit or session fee payment confirmed before booking is held
- Pre-session prep email sent at least 5 days before session date

Exercise: Image Security Audit

Audit every device and account that currently holds or could hold client images. Answer each prompt honestly — this is a private planning exercise.

- List every device that has ever held a client image. For each one, note whether it is encrypted, password-protected, and whether you have full control over who can access it.
- List every platform or service you currently use to transfer or deliver client images. For each one, note whether it is a professional platform with password protection and download expiry.
- What is your current backup chain for raw files? Does it satisfy the 3-2-1 rule (3 copies, 2 media types, 1 off-site)?
- What is your current deletion schedule for raw files after gallery delivery, and is that schedule documented in your client contract?

Building a Sustainable Boudoir Business

Calculate your cost of doing business, build a pricing structure, design your marketing funnel, and map your first-year milestones.

Worksheet: Cost of Doing Business Calculator

Fill in your actual or estimated annual costs in each category. This total divided by the number of sessions you plan to shoot per year gives your break-even session cost. Your pricing must exceed this number before you have earned any profit.

Camera body and lens annual amortisation (purchase price divided by expected years of use)

Lighting equipment annual amortisation

Editing software subscriptions (annual total)

Client gallery platform subscription (annual)

CRM or booking software (annual)

Studio rent or home-office allocation (annual)

Props, bedding, robes, and consumables (annual estimate)

Marketing and advertising spend (annual)

Website hosting and domain (annual)

Professional education (workshops, courses, annual)

Accounting and legal (annual)

Your hourly rate multiplied by average hours per session (shooting + editing + client communication)

Total annual cost of doing business

Planned sessions per year

Break-even cost per session (total divided by sessions)

Exercise: Pricing Model Decision

Review the three pricing models described in Lesson 10 (all-inclusive, session fee plus collections, hybrid). Answer the prompts below to identify which model fits your current situation and goals.

- Calculate a session fee for each model using your break-even cost as the floor. What is the minimum session fee that covers your CODB for a two-hour shoot with two hours of editing?
 - If you move to in-person sales, what is your realistic target average order value in year one? How does this compare to your current or planned all-inclusive price?
 - What is the single biggest obstacle to you implementing IPS right now, and what is one concrete step to address it?
 - Write out your three initial package names and price points using the framework from the lesson as a starting reference. Adjust to your market and CODB.
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Checklist: First-Year Business Launch Checklist

- CODB calculated and documented
- Pricing model selected and prices set above break-even
- Client contract drafted and legally reviewed
- Website live with portfolio (minimum 20 curated images), pricing guide, and FAQ

- [] Google Business profile created and verified
- [] Gallery delivery platform account created and configured
- [] Referral programme documented and ready to activate at first gallery delivery
- [] First 4–6 portfolio sessions booked or completed
- [] Social media profiles created with consistent branding
- [] First paid booking confirmed at introductory pricing
- [] IPS presentation prepared (slideshow template and product menu)
- [] Backup and security protocol implemented before first paid session

Your Action Plan

1. Complete the Studio Readiness Checklist and address every unchecked item before booking any sessions
2. Shoot three lighting test setups in your intended space and document your preferred default configuration
3. Complete your Camera Settings Baseline Sheet and laminate or print a copy for your camera bag
4. Write your full consultation script using the Consultation Script Builder worksheet
5. Have your client contract reviewed by a lawyer and confirm all consent and privacy provisions are present
6. Conduct your Image Security Audit and implement the 3-2-1 backup chain before your first paid session
7. Complete the CODB Calculator and set your initial prices above the break-even threshold
8. Book your first 2–4 portfolio shoots with a specific posing or lighting learning goal for each
9. Build your Personal Posing Reference Card and use it for every session until the sequence is internalised
10. Launch your referral programme at your first gallery delivery and track referral source for every new enquiry

