~~TOP SECRET~~

FIELD MANUAL · FOR FIRST-TIME POSTERS

HOW TO FILM AND POST YOUR QUEST

SUBJECT	Filming and posting a 30 to 60 second quest update with only a phone
CONTENTS	Setup · Script · Posting · Keeping going
CLASSIFICATION	~~TOP SECRET~~ None. Free to share.
RELEASE	Approved for public release
PREPARED BY	Clayton Financial · @clayton.financial

Draft

FIELD MANUAL
APPROVED FOR PUBLIC RELEASE

Nothing here was ever classified. The look is a style.
Companion to **The 16th Amendment Files**.

YOU NEED	☐ A phone ☐ A window ☐ A quiet room ☐ 60 seconds ☐ Your quest

YOUR PHONE. ONE TAKE. POST IT TODAY.

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STEP 1 · SETUP

Phone, light, sound

PHONE

1. **Hold it upright** (vertical). Reels, TikTok and Shorts are all tall videos.
2. **Wipe the lens** with your shirt. A smudge makes everything look foggy.
3. **Camera at eye level.** Prop it on a stack of books or a shelf. Arm's length away is fine.
4. **Turn on Do Not Disturb** so a call does not stop the recording.

LIGHT

Face a window. The light should hit your face, not come from behind you. No window? Stand facing the brightest lamp in the room.

SOUND

Pick the quietest room. Turn off the TV and fans. Stay close to the phone. Rooms with a couch, rug or curtains echo less than a bare kitchen. Wired or wireless earbuds with a mic help outside.

Ten-second test

Record ten seconds, play it back with the sound on. Can you see your eyes? Can you hear every word? Then you are ready.

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STEP 2 · WHAT TO SAY

The 30 to 60 second script

Do not memorize it. Glance at it, then talk. One take. Stumbles are fine; they make it real.

Template for Day [N]

1. Who and what (5 sec): "I'm [name]. This is Day [N] of my quest to [your quest]."

2. Today's step (15 to 30 sec): "Today I [what you did]." One thing, told simply.

3. What happened (10 to 15 sec): "Here's what I learned / what they said: ..."

4. Next (5 sec): "Tomorrow I'm going to [next step]. Follow along."

EXAMPLE, DAY 3

> "I'm Sam. Day 3 of my quest to repeal the 16th Amendment. Today I called my senator's office and asked if she'd vote on H.J.Res. 14. They took my name and said they'd pass it on. Tomorrow I call my state rep. Follow along."

CAPTIONS

Many people watch with the sound off. If your app offers automatic captions, turn them on and fix any wrong words before you post. Then write a short caption: Day number, your quest, today's step.

PUBLIC RECORD

STEP 3 · POST IT

Posting, tagging, linking

WHERE TO POST

Instagram Reels, TikTok or YouTube Shorts. Start with the one you already use. Post the same video to more than one if you like.

IN EVERY APP

1. Tap + (new post) and pick the video you just filmed.
2. Paste your **caption** (template below).
3. **Tag** @americahousedc and @clayton.financial.
4. Add **your quest page link** (the one from america.co, after it is approved) to your caption or your profile.
5. Tap **Share** or **Post**. Done.

CAPTION TEMPLATE

```
Day [N] of my quest: [your quest].
Today: [your step].
Follow along: [your quest page link]
@americahousedc @clayton.financial
```

Keep it safe

Do not show your home address, other people's private details, documents with account numbers, or anyone who did not agree to be filmed.

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STEP 4 · KEEP GOING

Show up again

One post starts a quest. Showing up again is what moves it. America.co puts it this way: a claimed flag "is a commitment to show up."

1. **Pick a rhythm you can keep:** every day, or every Monday. Same time each time.
2. **Missed a day?** Post the next day. No apology needed; just the next step.
3. **Count up:** Day 1, Day 2, Day 3. The number tells people you are still at it.
4. **Watch others' quests** and comment. People on quests hold each other accountable, and you are one of them.

Fine print

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