

CHEAT SHEET TO OWNING YOUR VOICE

QUIET

Take time in the early morning to be quiet and listen to the world around you. Time in this state of mind can reveal your inner voice. Just like a fingerprint, each voice is unique to the user.

PRESENT

Before your read take note of the present. Feel your feet on the earth and how gravity is keeping you there. Become aware of the breath flowing through your body. Observe your thoughts without judgement.

ACKNOWLEDGE

As you are becoming present feel the sensations through your body. Are you sweating or is your heart beating faster? Understand your physical sensations by using them and not suppressing them.

INTENTION

Think about your point of view on this talk and understand it. People usually remember stories that have strong point of views or emotions. Determine how you want your audience to react to your message.

OPEN

Many people still become tense, after these steps, as they are talking. The shoulders scrunch up and tension pulsates through the body. Keep calm with these three exercises alone: sing, whisper and close your eyes.

- Sing the lines you are to deliver
- Whisper the lines
- Close your eyes and deliver the lines fast

These techniques will quiet the conscious mind and make you feel free in the sound.