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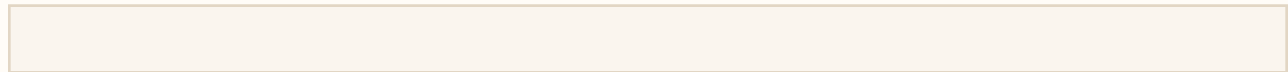
ARTICULATION CHEAT SHEET

Kill the Mumble

Stop hearing "sorry, what?" A 5-minute mouth workout that makes every word land.

STEP 1 | START HERE

Watch my quick walkthrough first



Loom video link

Your mouth is a muscle

Mumbling isn't a personality. It's a lazy jaw, a shallow breath, and filler words. Train it like the gym. Five moves, every day.

1

Pen Drill

Bite a pen sideways and read a paragraph out loud. Take it out and read it again. The difference is wild.

1 MIN

2

Big Mouth Read

Read out loud and overdo it. Open your jaw, separate your lips, hit every last letter.

1 MIN

3

Tongue Twisters

"Red leather, yellow leather." "Unique New York." Slow first, then faster. Annoying, but it's a gym for your tongue.

1 MIN

4

River Breath

5 deep belly breaths, then hiss out slow. Your breath is a river and words are leaves on it. Don't let it stop mid-sentence.

1 MIN

5

Filler Dial

Talk 60 seconds on a random word. Every time you hit "like" or "um," swap it for a pause.

1 MIN

Before, after, and every day between

Day 1: record yourself reading the paragraph below. Day 7: record it again and compare.

"Last Thursday I went to grab food after practice. The line was long, the music was loud, and the guy at the counter could barely hear anyone. I stepped up, looked right at him, and ordered clearly the first time."

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Pen Drill	☐	☐	☐	☐	☐	☐	☐
Big Mouth	☐	☐	☐	☐	☐	☐	☐
Twisters	☐	☐	☐	☐	☐	☐	☐
River Breath	☐	☐	☐	☐	☐	☐	☐
Filler Dial	☐	☐	☐	☐	☐	☐	☐

Fillers in 60 sec, Day 1

Fillers in 60 sec, Day 7

What sounds clearer on Day 7

Your next 24 hours

Order at a counter or drive-thru and get it right the first time, no "sorry, what?". Jaw open, belly breath, end on the down.

Want me to hear your before and after and tell you exactly what to fix?

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