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VOCAL VARIETY GUIDE

The 7-Day Vocal Variety Reset

Stop sounding flat. In 7 days, 10 minutes a day, you'll hear the difference in your own voice.

STEP 1 | START HERE

Watch my quick walkthrough first

Loom video link

You have two voices

HABITUAL VOICE

The voice life gave you. Built from what people told you and how you were treated. Usually flat, quiet, and stuck in one range.

NATURAL VOICE

Your real instrument. Full range, full emotion, full power. This is the voice we're unlocking this week.

Quick test: say "mm-hmm" like you're agreeing with a friend. Where your pitch lands is close to your natural speaking pitch.

The 5 dials of vocal variety

- 1 TONE** The emotion behind your words. Happy, serious, angry, warm.
- 2 PITCH** How high or low your voice goes. Range keeps people listening.
- 3 VOLUME** How loud or soft you are. Match the room, not your comfort zone.
- 4 PACE** How fast you talk. Speed up on passion, slow down on what matters.
- 5 PAUSES** Where you stop. A pause makes people lean in for what's next.

Hear yourself the way others do

Set up your phone so you're in frame. Answer these 3 questions out loud, 1 to 3 minutes total.

- Q1** What's your name, and why do you want to improve how you communicate?
- Q2** What's your favorite show, and what makes it stand out?
- Q3** What's your favorite food, and why?

No script. No second takes. Your first take is the one that counts.

Now play it back with the sound on. Rate yourself 1 to 10:

TONE Does your emotion change, or is it one mood the whole time?

PITCH Do you move high and low, or stay in one range?

VOLUME Could someone across a loud room hear you?

PACE Too fast, too slow, or does it change with the moment?

PAUSES Do you ever stop, or is it one long run-on?

Filler words I caught (um, like, so yeah):

My #1 dial to fix this week:

Bonus: watch it once more with the sound OFF. Notice your eye contact, hand gestures, and facial expression.

5 exercises. 2 minutes each.

Do this every morning, in the car, in the shower, anywhere. Screenshot this page so it's always on your phone.

1

Belly Breathing

2 MIN

Hand on your stomach. Breathe in so your belly rises, not your chest. Let it out slowly.

Builds the breath support every other skill runs on.

2

Lip Trills

2 MIN

Blow air through loose, closed lips so they flutter. Slide your pitch up and down while you do it.

Balances air and voice and releases tension in your face.

3

Straw Humming

2 MIN

Hum through a small straw. All air out the straw, none through your nose. Slide your pitch.

Back-pressure helps your vocal cords work with less strain.

4

Soft Palate Lift

2 MIN

Fake a yawn and feel the roof of your mouth lift at the back. Talk while keeping it lifted.

Opens up space in your mouth for a fuller, louder sound.

5

Pitch Glides

2 MIN

Read any text out loud while sliding your voice from your lowest note to your highest and back.

Stretches your range so you stop speaking in one note.

If your throat hurts at any point, stop and rest. Your voice should feel loose, not strained.

Warm-up first. Then the drill.

Each day, do the 10-minute warm-up, then 5 minutes on that day's drill. Check off both when done.

DAY 2 VOLUME

Breathe in fully, then start speaking at the top of the breath. Read a paragraph at a 4/10 volume, then again at 7/10 without straining.

☐ Warm-up

☐ Drill

DAY 3 PACE

Tell a 1-minute story about something you love. Go faster on the exciting parts. Slow way down on the one line that matters most.

☐ Warm-up

☐ Drill

DAY 4 PAUSES

Read a paragraph and pause 2 full seconds before the most important line. Then practice holding the floor with "and..." or "but..." before a pause.

☐ Warm-up

☐ Drill

DAY 5 PITCH

Say 5 statements about yourself. End each one on a DOWN pitch so it sounds certain. Then ask 3 questions that end on an UP pitch.

☐ Warm-up

☐ Drill

DAY 6 TONE

Say this line 4 ways: happy, angry, sad, serious. "I didn't think you'd actually show up." Same words, 4 different meanings.

☐ Warm-up

☐ Drill

Spend extra time on the dial you picked on Day 1. That's your biggest win this week.

Same questions. New voice.

Same 3 questions as Day 1, same spot if you can. Then watch both videos side by side.

Rate yourself again, 1 to 10:

TONE

PITCH

VOLUME

PACE

PAUSES

Biggest difference between Day 1 and Day 7:

What I'm working on next:

THIS WAS 7 DAYS

The full program inside our community runs 4 weeks, with a weekly focus tracker and feedback on your recordings.

Want me to listen to your Day 1 and Day 7 and tell you what to fix?

Get more help inside our community

Join now