

STELLAR *Life*

Hosted By *Orion*

Set Your Voice Free

Transcript and 10 Point Checklist

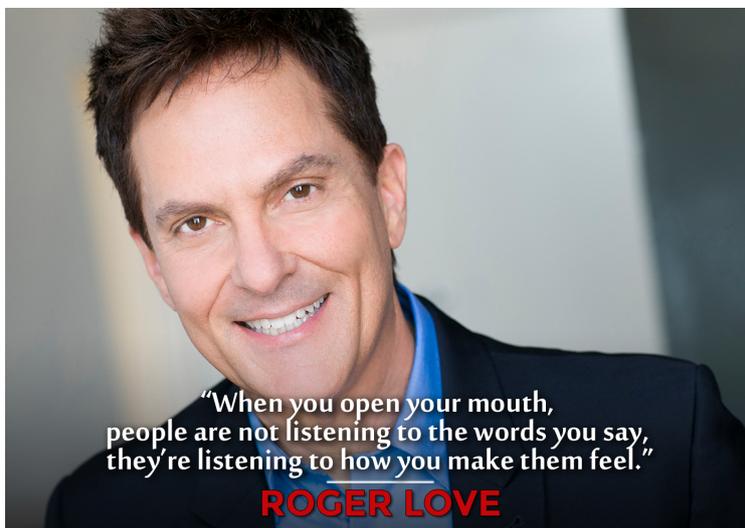
Roger Love

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take

TODAY to start living a Stellar Life!

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"When you open your mouth,
people are not listening to the words you say,
they're listening to how you make them feel."

ROGER LOVE

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Unless you already tend to speak loudly, work on raising your volume. Don't be afraid to speak loudly enough to be heard (by others, not just yourself).
- Practice incorporating more melody into your speech. Many of us tend to speak monotonously, but incorporating melody will make your voice more compelling.
- Practice shifting from downward melodies to upward stair-step melodies, as if the sound is walking up the stairs as you speak.
- Focus on your pace. Slow down and remember that people don't always know the same things as you do, so speaking slowly gives them time to listen and process.
- If you tend to speak too slowly, work on speeding up. Speaking too slowly makes it sound like your brain works equally slowly and makes people lose confidence in you.
- Commit to spending an hour a day speaking or singing the way Roger teaches. An increased life expectancy is just one of the benefits this may provide.
- Focus on becoming more aware of using different voices for each character you need to play. For example, use a different voice in your professional role than you do at home with your spouse.
- Practice making your physiology match your words and sounds. Your body movements should be true to the sounds that come out of your mouth rather than being at odds with them.
- Avoid parallel gestures, in which both of your hands do the same thing at the same time. This feels unnatural and comes across that way to your audience.
- Spend ten minutes a day practicing diaphragmatic breathing until it becomes natural. Breathe in through your nose, expand your abdomen, and don't move your chest and shoulders.