



Personal Voice Analysis

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Check the 5 major challenges you're noticed about your voice or have been told about. These should be the areas that you feel would improve your speaking and help you use your voice more effectively. Make your selections BEFORE looking at the next page.

1. _____ My voice sounds as if it's coming from my nose.
2. _____ My voice gets tired as I use it, especially for long periods.
3. _____ I don't put all of the ending sounds on words.
4. _____ My voice sounds "gravelly" especially at the ends of sentences and phrases.
5. _____ My voice sounds young and/or gets higher as I get stressed.
6. _____ My voice fades away at the ends of phrases and/or sentences.
7. _____ I frequently have a dry, scratchy throat after speaking.
8. _____ My voice sounds harsh and/or shrill.
9. _____ I sometimes have trouble being understood.
10. _____ I sometimes run out of air when speaking.
11. _____ My voice is weak and thin.
12. _____ I have to clear my throat frequently.
13. _____ I'm often told to "speak up."
14. _____ I sometimes stumble on even simple words.
15. _____ My voice sounds flat and monotone.



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Look at the numbers you checked on page one and match them with the numbers below to see some of the possible areas you need to work on to improve your voice:

1. Nasality, placement, resonance
2. Breathing, placement, tension, voice care
3. Articulation, breathing
4. Breathing, placement, quality (glottal fry)
5. Pitch, quality, tension, warm-up
6. Articulation, breathing
7. Pitch, placement, tension, voice care, warm-up
8. Breathing, quality, tension
9. Articulation, pitch, projection
10. Breathing
11. Breathing, quality, resonance, warm-up
12. Pitch, placement, voice care
13. Articulation, projection, quality
14. Articulation, warm-up
15. Pitch, vocal variety

Each of these areas is covered in *The Expressive Voice System* by Dr. Candice M. Coleman.

These cassette tapes and Pocket Coach cards are available at:

www.SayItWell.com/Learning_Tools.html