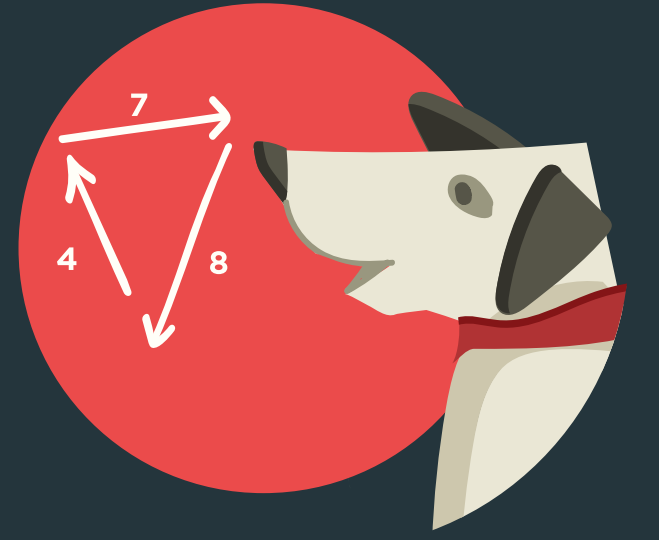


# Want to sound your best?

## IF YOU ARE

### NERVOUS

Inhale through nose for 4 seconds, hold for 7 seconds, exhale out mouth for 8 seconds.



### STUMBLING

Stick your tongue out as far as you can. Repeat the word or phrase 5 times. Then, say the word normally.



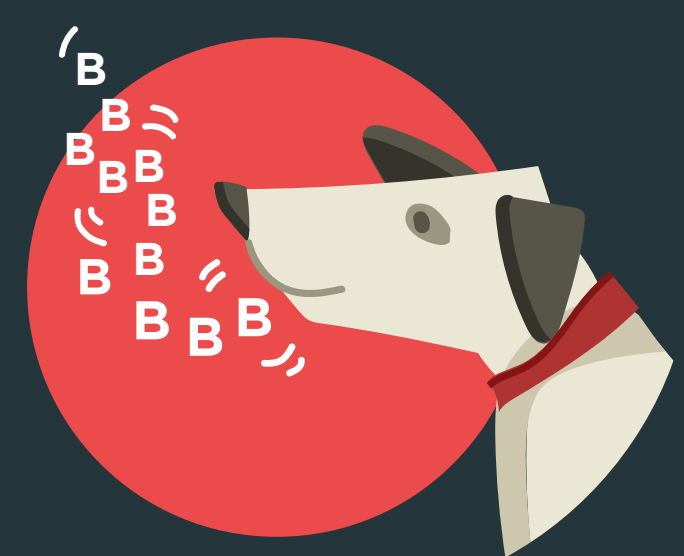
### DRY MOUTH

Drink apple juice, floss, or run the tip of your tongue deep along the trench between your cheek and teeth, top and bottom.



### TIRED/ SORE VOICE

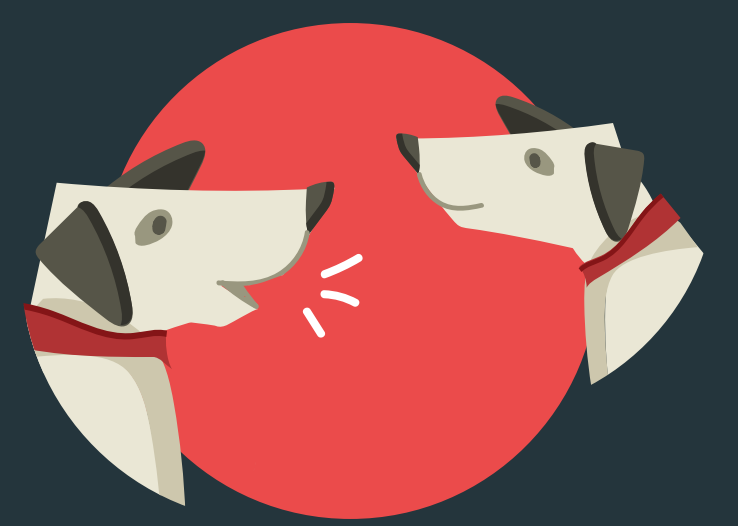
Lip trills: use your breath to flutter your lips like a sighing horse. Move notes up and down.



## IF YOUR PRODUCER SAYS

### “SOUNDS LIKE READING”

Imagine you're talking with someone who champions you: a mentor, favorite professor. And talk with your hands!



### “NEEDS MORE ENERGY”

Stand or sit up, press your feet against the floor, focus on creating vibrations in your lips with these consonants: M, N, V, Z. Keep the vibes buzzing whenever you speak!



### “USING FILLER WORDS”

Breathe in deep and low as your host or guest is speaking. This creates a calmer, more decisive mind when you start speaking.

