



## Speaking Voice Assessment Checklist

Create a baseline from which to measure your progress as you practice better techniques for your speaking voice. Ask yourself, and then ask others familiar with your speaking voice, if you notice any of the following characteristics. Rate your voice for each characteristic by assigning a number from 0 to 3 –

- 0- Never
- 1- occasionally
- 2- often
- 3- almost always

- \_\_\_\_\_ Breathy
- \_\_\_\_\_ Monotone
- \_\_\_\_\_ Run on sentences no breaths between
- \_\_\_\_\_ Fast articulation
- \_\_\_\_\_ Slow articulation
- \_\_\_\_\_ Articulating at the back of your jaw using too much tongue base
- \_\_\_\_\_ Little variation in pace or pitch
- \_\_\_\_\_ Muddy articulation, mumbling, words glued together
- \_\_\_\_\_ Whiny
- \_\_\_\_\_ Harsh
- \_\_\_\_\_ Nasal
- \_\_\_\_\_ Weak
- \_\_\_\_\_ Lacking in communicative confidence
- \_\_\_\_\_ The ends of lines tend to drop off unintelligibly
- \_\_\_\_\_ Thin, tight
- \_\_\_\_\_ Using little facial expression or body language
- \_\_\_\_\_ Lots of vocal fry
- \_\_\_\_\_ Tired

Or your voice is...

- \_\_\_\_\_ One-heart focused
- \_\_\_\_\_ Clear articulation

- \_\_\_\_\_ Last word in a line is as clear as the first
- \_\_\_\_\_ Richly resonant tone
- \_\_\_\_\_ Colorful, variable timing and pitch
- \_\_\_\_\_ Expressive and interesting
- \_\_\_\_\_ Articulating with more tongue tip and less tongue base
- \_\_\_\_\_ Very little vocal fry or gravel
- \_\_\_\_\_ Talking with communicative eyes/ facial language
- \_\_\_\_\_ Talking with communicative but not distracting hand language
- \_\_\_\_\_ Using authentic tone and face/body language for the message
- \_\_\_\_\_ After talking a lot, the voice feels great

How did you score?

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*After your assessment, please heed this caution:*

*If you have concerns about the state of your vocal health, consult  
with your medical practitioner before you apply my training.*

*If in doubt, get it checked out!*

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#### SUGGESTION:

Do this assessment again and again to help yourself become more aware of changes you want to make, and to celebrate and reinforce your progress as your better vocal techniques become habit!