

# 068: Forging Connections and Authority with a Compelling Voice

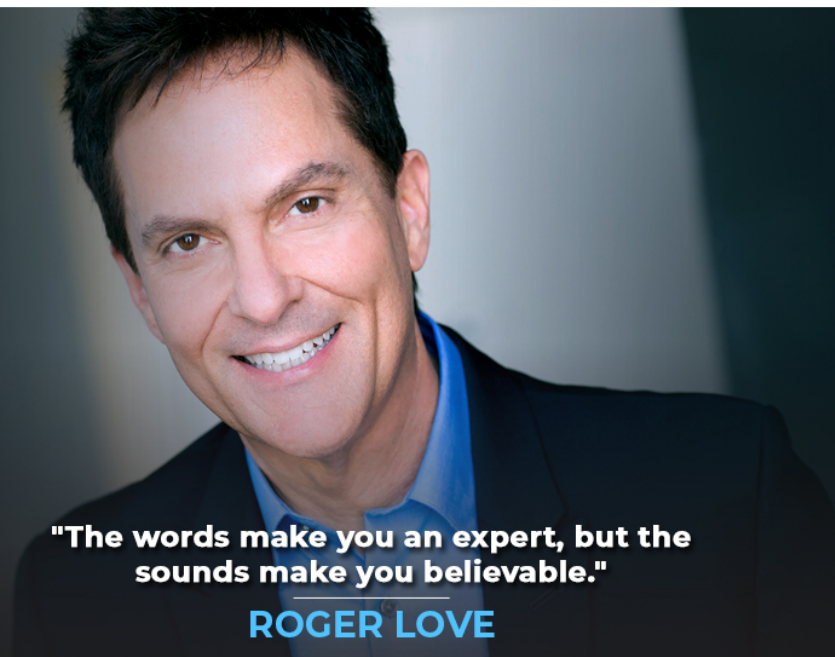
## 10 Point Checklist

### Roger Love

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"The words make you an expert, but the  
sounds make you believable."**

**ROGER LOVE**

# 10 STEPS YOU CAN TAKE TODAY

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

- Most of us speak in descending scales, with the word right before a comma or period being the lowest. Practice reversing that and speaking in ascending scales instead.
- Focus on developing a stronger, richer sound if your voice is airy or breathy. Roger explains that airy voices tend to sound inconsequential, weak, or less intelligent.
- Practice increasing your speaking volume. Use the same abdominal muscles as you do when you're coughing or laughing to increase the air pressure (and volume).
- Take a slow breath through your mouth. Then take another one, this time through your nose. Compare the two feelings; see how much less drying it is to use your nose?
- Practice diaphragmatic breathing several times a day, until it becomes natural. Breathe through your nose, and breathe into your abdomen instead of your chest.
- For ten minutes a day, practice speaking with diaphragmatic breathing. Only speak when your stomach is moving back inward after your diaphragm-assisted inhalation.
- Practice using your middle voice until you feel comfortable with it. This is the voice between your chest voice and your head voice.
- Record your voice and listen back to it, paying close attention. You likely speak mainly on one note — or, in other words, monotonously
- Use the stair-step method to take your voice from monotonous to melodic. Instead of making random jumps in pitch, imagine taking very small steps up or down the scale with your voice.
- Watch the video of Roger Love's [3 BEST Speaking Tips](#), which he generously gives Get Yourself Optimized listeners for free. This will help further your understanding of how to use your voice.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/forging-connections-authority-compelling-voice-roger-love/>