

Repeat after me...
“My Voice is Beautiful”

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For Region 25

Remind yourself often – “My Voice is Beautiful”

What keeps us from believing this, and what can we do to overcome these obstacles?

1. Worry that someone will think I’m over-confident
2. Lack of Confidence – Solution – purposely build your own confidence.
 - a. Positive self-talk / Humility
 - b. Instead of comparing yourself to others, be inspired and aspire.
 - c. Rehearse with less self-judgment and more self-affirmation.
 - d. Others do not judge us as harshly as we judge ourselves (unless they have some unfortunate agenda)
 - e. Continue to build skills / Add technique tools
 - f. Create attainable goals / Accomplishments
 - g. Accept compliments without disclaimers or argument
 - h. Immerse your ears in Barbershop!
 - i. Splitting your Focus – Technique / Artistry
Rehearsal – 50/50? Performance 5/95? You Decide! ___/___
 - j. Sing the Lyrics and tell a story!
3. Rehearse smarter, not hours longer
 - a. Recognize your own learning style (Visual, Aural, Kinesthetic)
 - b. Realize which exercises work

- c. Can you spare 7 min. a day?
- d. Sing with a Lead Track (including Leads)
- e. Perform when you Practice, or....
- f. Prioritize – Divide and Conquer

Notes / Tuning

Words / Vowels

Phrasing / Breaths

Tempo / Changes

Dynamics / Colors

Emotions / Inflections

4. Mental Preparation

- a. Often the least prepared, but potentially the most detrimental
- b. Visualize Success – alone and in a group
- c. Individual preferences for the day of
- d. Meditation vs. Medication
- e. Role-Playing