

SPEECHCRAFT

To-do list

Exercises can be done 5 minutes a day, or 3 times a week for 15 minutes. Or just once a week for 45 minutes. Practice consistently.

Emotional tones

Exercise A: Read and try to inflect emotional tones. Record and review the video.

Exercise B: Find different tones to read that you have not tried before or tones you feel you need to work on.

Take the time to record your words and review them. As time passes you'll notice a difference.

Pronunciation/articulation

Exercise A: Place finger(s) on tongue and practice saying your ABCs, 1,2,3's or read.

Exercise B: Speaking words with facial exaggeration.

Exercise C: Tongue twisters - Practice reading OT genealogies. E.g. Genesis 10:1-26; Genesis 36:1-43.

Exercise D: Full word pronunciation and 1-second word spacing.

Speaking from the diaphragm

Note: I have on this list just the last 3 exercises. Once you're familiar with the content you should have transitioned to just these methods. They are good to do to keep you Intune/in sync with your diaphragm.

Exercise A: Say the word, "amen," from the diaphragm. Practice speaking these words 5 times.

Exercise B: Say "Kite, might, flight," from the diaphragm. Practice speaking these words 5 times.

Exercise C: For 5 minutes read and focus on the words coming from your diaphragm.

Special section: Demosthenes Survival scenario

Increasing volume

Exercise A: Do physical exercise and sing. The more strenuous the exercise the better.

Exercise B: Turn the radio up and sing as loud as you can.

Resonance

Exercise A: Do the "Silent scream."

Exercise B: Practice singing and humming words.

Suspense

Exercise A: Practice the "Pregnant pause." Record and review.

Exercise B: Practice speaking in a low, medium, and high voice volume. Record and review.

Exercise C: Speak in a tone of suspense. Record yourself and review.

Have passion

Exercise A: Study passion - go online and watch the video(s) of passionate speakers.

Find content to read and record yourself speaking/acting passionately.

Exercise B: What is your "why?" Review your reasons for wanting to be great at public speaking.

Exercise C: Watch TV or movie to create survival scenarios to increase drive.

Voice inflection

Stage 1: Practice inflecting one word. Record and review.

Stage 2: Practice inflecting multiple words. Record and review.

Speaking personally

Exercise A: Practice greeting people (as if they are your best friend)) as you do your day-to-day activities.

Exercise B: Practice greeting your "audience" on camera as if they "are your best friend." Review recording.

As you progress and get used to the exercises and are familiar with the course content, this sheet can be a helpful reference guide to look at when preparing to do speechcraft work.

Speaking with conviction

Exercise A: Go to the "Faith Gym."

Exercise B: Grab some reading material, turn on your camera and practice reading/speaking with a tone and presentation that conveys conviction. Review recording.

Also, study people online who are talented in this speech style.

Exercise C: Look at the camera when giving a speech, pretend it's people you're looking at in the eye.

Exercise D: Practice eye contact interactions in real life.

Speaking with authority

Exercise A: Roleplay: act/speak authoritatively on camera.

Study authoritative figures online or on TV/video. Roleplay what you have watched.

Exercise B: Pace yourself in tone. Practice speaking in a slow or moderate tone. Instead of fast. Record it.

Other ways of speaking with authority: Gravitas

Exercise A: As you read, speak as if each word you speak is valuable, profound, and priceless. Record it.

Exercise B: Find mentors. Seek audio/video resources online of people who exhibit gravitas.

Study success patterns

Exercise A: Find 5 people online that have qualities in speech you want to study.

Exercise B: Optional - study public speaking list in book/video course.

Descriptive language

Exercise A: Write a story about something you did, be as descriptive as possible. Write what you felt and what you thought when the events in your story took place. Mention the 5 senses in your story.

Exercise B: Record yourself speaking your story on video. Watch the recording, study, and analyze it.

Exercise C: Watch a storyteller. Find good examples to study.

Exercise D: Research events, history, or a public figure and make a 5-minute short story that has a moral idea or teachable truth behind it. Be descriptive, use the 5 senses. Practice speaking your story on camera.

Symbolic language

Exercise A: Go online and search for symbolic speakers. Study these people. Learn from them.

Exercise B: Read quotes/poems and write down the content that you like. Reread the material.

Exercise C: Create a speech from some of the written material from exercise B.

Practice speaking the content to a friend or family member, as a "public speaking class assignment."

Exercise D: Brainstorm - put together a symbolic statement. Once you put it together, practice speaking it to your family or to a friend, etc.

Speak with professional confidence

Exercise A: Find confident people on TV, in movies, on the internet, etc. Pretend you are that person.

Exercise B: Record yourself on camera. Practice speaking with confidence. You can use the mantra "I am the most confident person in the world."

Exercise C: Brainstorm and write down reasons for wanting to become confident. Then visualize those reasons in detail. Imagine yourself giving a public speaking address. Imagine that you had success.

Exercise D: Go to the "Faith Gym" for confidence creation. Say this mantra, "I am confident in public speaking. I am bold and fearless."

Exercise E: Make a 5-minute speech and practice speaking on social media. Record yourself speaking and acting confidently for review.