

The 7-Day Voice Reset

One focus a day for a week. 15 minutes a day. Start any day, and repeat it before any big service or recording.

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The 7-day plan

Do the focus drill after a light 5-minute warm-up (lip trills, hums, sirens).

DAY 1**Breath baseline**

Time a slow "sss" on one breath. Write it down. You'll beat it by Day 7.

DAY 2**Release tension**

Jaw, tongue, neck (page 03). Sing one song checking that nothing is gripping.

DAY 3**Clean onsets**

Start vowels gently, no hard "click" in the throat. Practise "ha-ah" sliding into "ah".

DAY 4**Range + bridging**

Sirens on "oo" and "ng" through your break, slowly. Smooth, not loud.

DAY 5**Forward resonance**

Hum "mm" until your lips buzz, then open to "mah". Keep the buzz in the face.

DAY 6**Vowels + diction**

Sing a verse on vowels only, then add consonants back crisp and short.

DAY 7**Record + review**

Record a full song. Score it with the scorecard (page 04). Retime your "sss".

Habit tracker

Tick each day. Habits build the voice more than any one lesson.

THIS WEEK

Habit	M	T	W	T	F	S	S
15-min warm-up / drill							
Water through the day							
7+ hours sleep							
No shouting / whispering							
Sang at ~70% in practice							
Steam (5–10 min)							
Listened back to myself							

BEFORE / AFTER

	Day 1	Day 7
"sss" breath (seconds)		
Highest easy note		
Lowest easy note		
Voice feels (1–5)		

Breath drills

Support comes from steady air, not from pushing harder.

Lie down	Book on your belly. Breathe so the book rises, shoulders still. 10 breaths. This is the breath you want standing.
4-4-8	In for 4, hold for 4, out on "sss" for 8. Add 2 counts to the out-breath each day.
Count out	Breathe in, then count out loud "1, 2, 3..." steadily. Stop before you squeeze.
Phrase map	Mark breaths in your lyrics with a tick (✓). Breathe where the meaning breaks, not where you run out.
Stagger	BGVs and choir: never all breathe at the same place on long notes. Agree who breathes where.

Quick check

Hand on your stomach, other on your chest. On the in-breath, the bottom hand should move first and most.

Release + posture

A tight body makes a tight sound. Two minutes here fixes a lot.

TENSION RELEASE

Jaw	Massage the hinge in small circles with your fingertips. Let your mouth fall open.
Tongue	Tongue out and down, say "ya-ya-ya" without moving the jaw.
Neck	Slow ear-to-shoulder tilts, 5 each side. No rolling backwards.
Yawn-sigh	Big yawn, then sigh from high to low on "ah". Opens the throat.
Shoulders	Lift to ears, hold 3 seconds, drop. Three times.

SINGING POSTURE

Feet	Hip-width apart, weight even.
Knees	Soft, never locked.
Chest	Comfortably lifted.
Shoulders	Down and relaxed.
Chin	Level. Don't reach up for high notes.

Self-review scorecard

Record on your phone. Listen the next day, once without judging, then score it.

Area	Score 1-5	Note to self
Pitch (sharp / flat?)		
Timing (on the beat?)		
Breath (gasps, short phrases?)		
Diction (every word clear?)		
Tone (thin, pushed, airy?)		
Emotion (do I believe it?)		

USE IT

- Lowest score** That's next week's focus. One thing at a time.
- Compare** Keep your Day 1 and Day 7 recordings. Progress is easy to forget.
- Ask one person** A trusted singer or leader. Ask "what's one thing I could improve?", not "was it good?"

Red flags: when to rest

Rest is part of training. Pushing through damage can cost you months.

NORMAL TIREDNESS

Rest a day	Voice feels tired, scratchy or low after a long service. Talk less, hydrate, no singing.
Real rest	Means quiet speaking, not whispering. Whispering strains the voice too.
Steam	Breathing in steam helps the voice feel better when it's dry or tired.

SEE A DOCTOR (ENT)

2+ weeks	Hoarseness or a changed voice that lasts more than two weeks.
Pain	Pain when you sing or speak.
Lost range	Notes you always had suddenly won't come.
Tires fast	Voice gives out after a few minutes, again and again.

Note

General information, not medical advice. If anything worries you, see an ear, nose and throat doctor or a voice specialist.

You're ready.

Repeat this week before any big service, concert or recording.

NEXT · SHEET 4 OF 5

The Gig Money Split

Where every gig fee should go, with a fill-in calculator, rate card and invoice checklist.

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