



Module 1 Exercise 8: Voice Tonality

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Module 1 Exercise 8: Voice Tonality

Remember what I said about women and needing to FEEL you? Well, what kind of feelings do you think would arise in a woman if you talked monotone and dreary all the time?

Not very good ones, that's for sure.

Women are intrinsically sensitive and emotional by nature... and whatever feelings you have within a given moment... we automatically pick up on it and feel it too!

So if you come up to us nervous, shaky, and stuttering, we're going to feel nervous, awkward, and want to run as far away from you as possible.

This exercise is about becoming more aware of your tone of voice, in order to instill powerful positive emotions in the women with whom you interact.

Why?

There are many men that I encounter that for some reason speak in a very monotone way. I'm not sure why this is, but it makes it harder for me to FEEL them as a woman.

The primary source that women use to evaluate whether or not they are attracted to a man is their gut. Sounds gross I know, but it's true. Women feel you. They feel your character, your value, and who you are as man within seconds of meeting you.

If you have a monotone voice, it makes it way more challenging for a woman to feel you. Your voice can reflect passion, confidence, leadership... all the characteristics we look for in a man we want to be with.

So let's start experimenting with you voice tonality. Break away from monotone and start becoming multi-tone. I made up that word, I think.

Here's what I want you to do:

Very similar to the “silly walk,” this exercise is about experimenting with what works for you. But it's also about pushing yourself to try new things to see if they fit.

1. Notice. Start taking notice of how you talk and how others talk. Are you loud? Soft? Monotone? Do they command attention?
2. Ask your friends what they think of your voice tonality
3. Then start experimenting with your voice:

Day 1: Talk really loudly – watch for reactions from others.

Day 2: Talk really quietly – watch for reactions from others

Day 3: Talk like a person who is drunk (not gibberish, but over-the-top excitement). The world around you is so interesting and fascinating. Move your voice up and down.

Day 4: Play around with your voice levels however you like. Up and down. High and low. Watch for reactions from others.

Day 5: Record your voice doing all of the above and listen. Listen for authority. Listen for excitement. Listen to what you think best represents you and the man you want to be.