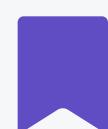


FROM NOTES TO **NATURAL**

*How to **Stop** Sounding Scripted*





WHY MOST FREEZE

Reading from notes = **robotic**.

Speaking **naturally** = unforgettable.

Let's stop sounding like Siri and start sounding like **ourselves**.

THE SHIFT YOU NEED

Most college speakers **memorize**.

But that often leads to blank outs,
monotone delivery, and zero connection.

The best? They **internalize ideas**, not just words.



EVALUATE YOUR SCRIPT

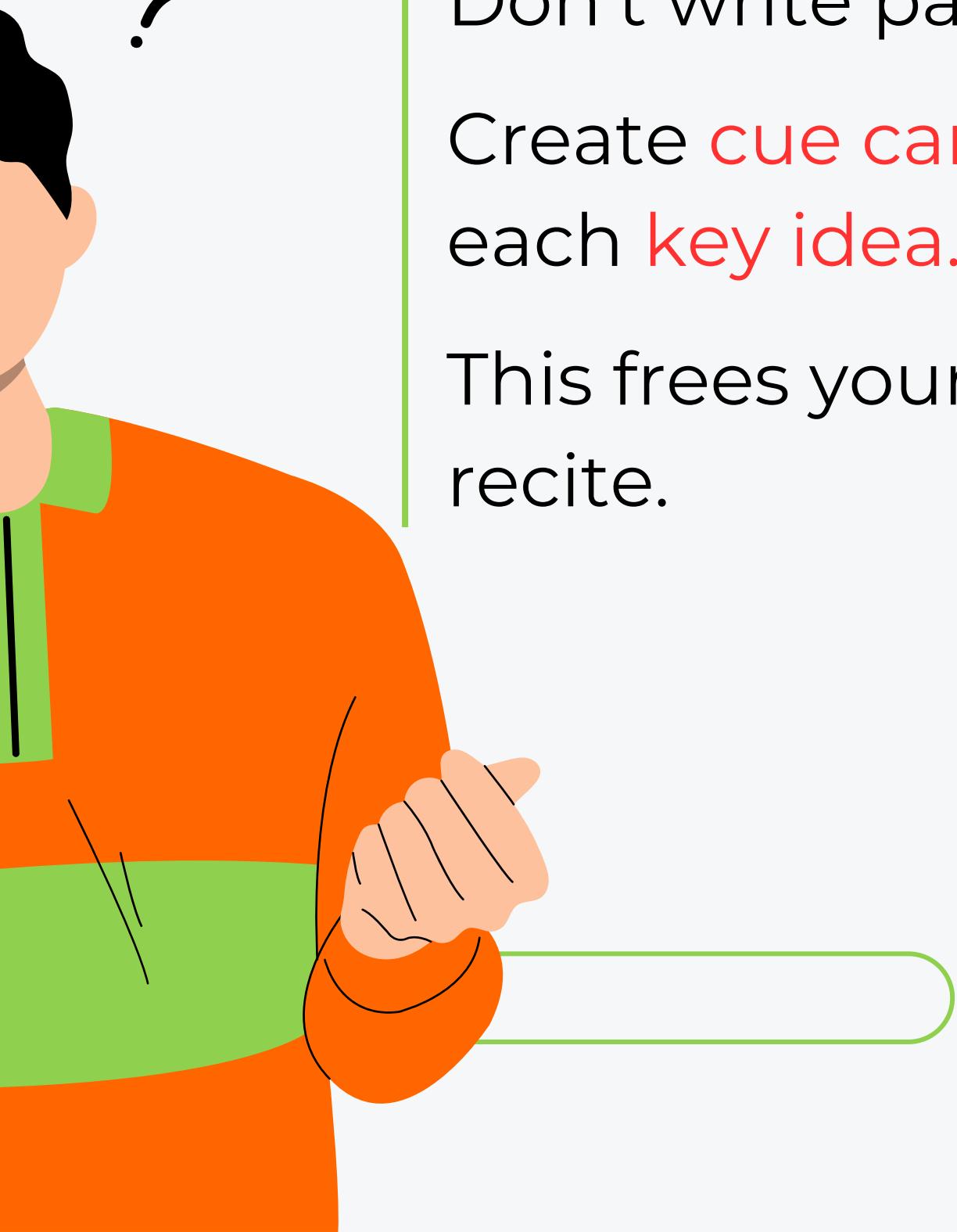
Bullet Points > Full Script

?

Don't write paragraphs.

Create **cue cards** or brief bullets for each **key idea**.

This frees your mind to speak, not recite.



Rehearse Ideas, Not Lines

Memorizing lines **locks** you in.

Rehearsing ideas lets you **adapt**,
engage, and **stay human** on stage.

It also helps when your mind **blanks**.



PRACTICE SMART

...

Record → Review → Repeat



Improvement loves **feedback**.
Use your phone. **Record** yourself.
Listen: Did you sound **rushed**?
Monotone? **Over-rehearsed**?
Review → **Tweak** → Try again.



Practice with a Friend

Speak to a friend like you're explaining it **casually**.

Ask: “Did that sound **natural**?”

If they follow your idea without **zoning out**, you're on the right track.



CONNECTION
OVER PERFECTION

.....

Mindset Shift



It's not about sounding perfect.

It's about sounding present.
Connection > Perfection.
Always.



••••

YOUR VOICE, YOUR
POWER



Save this before your next talk.

Let's speak with soul, not like a bot.

