



# TONALITY

## CHECKLIST

# THE CHARISMA MATRIX

## Pre-Event Tonality Checklist

1

How is my mood and energy level? If it's less than an 8/10 execute a power pose or if alone, jump up and down, wave your arms around and yell at the top of your lungs for 10 seconds 2 times.

### MOOD & ENERGY



2

Check your shoulders and face for stress. Are they up towards your ears? Roll them in circles and focus on relaxing all muscles in them and in your face. This will lower your voice from your upper neck to your chest. A voice that comes from your chest is deeper and fuller.

### STRESS



3

Warm your voice up with the free association drill. A warm voice is a louder, deeper and fuller voice. Out loud, with a strong delivery, say random words that associate with the previous one. Example: Red > Stop Sign > Tesla > Elon Musk > Mars > Matt Damon > West Hollywood > Traffic > Jet Pack > Steve Brule

### WARM UP



4

Are you ready to be heard? By not telling, but SHOWING your brain that it's OK to be heard/loud and there will be no negative repercussions, you will naturally speak with more power. Speak to a few people in public in a voice loud enough to draw some attention from others around you. This is powerful beyond what it may seem on the surface. This concept is covered in depth in the "Vocal Power & Tonality Masterclass," here.

### PREPARE TO BE HEARD



5

Plan what type of tonality that you need to use to accomplish your goal. Are you trying to present yourself well in an interview? Try a neutral tonality with a both a little rapport seeking and breaking tonality to show your spectrum of communication. On a date? Be sure you don't slip into a rapport seeking tone!

### TONALITY GAME PLAN





# TONALITY CHECKLIST

## THE CHARISMA MATRIX

### Pre-Event Tonality Checklist

#### YOU ALSO NEED TO KNOW...

- 01 How to speak in a way that instantly **com-mands respect** from men and women alike
- 02 How your voice can **increase your attractiveness** to women
- 03 Vocal projection that will **get you promoted** and ensure that you **sell more** if you're in sales
- 04 The exact tonality to use to be seen as **dominant** and how to **intimidate** others if the situation calls for it
- 05 How to speak in a powerful voice **regardless of what kind of voice you were born with**

That's why I've put together a presentation to give you the complete tool set you need to speak with authority, influence and respect (and as perk it's attractive to women)...

CLICK  
HERE

Watch: "A Voice That Intimidates  
Men And Attracts Women"