

# Your Voice Check: Self-Guided Assessment

**Goal:** This activity helps you check how your voice is working. You'll look at how you breathe for talking, how your voice sounds, how your vocal cords work, and how easy or hard it is to use your voice.

## How to Use This Assessment:

- Do this when you are rested and relaxed.
- Use a mirror if you'd like to see your self.
- Keep a pencil and scorecard ready.
- Keep a tin or ready.
- You'll score each section and then total up your points at the end.

## Part 1: Breathing for Speech (Max: 5 Points)

1. Can you take a deep breath through your nose and slowly blow it out through your mouth?

- Yes, easily = 1 point
- Yes, but it's hard = 0.5 point
- No = 0 points

2. Take a deep breath and say "Ahhhh" for as long as you can—make sure you time it!

- Over 10 seconds = 2 points
- 5–10 seconds = 1 point
- Less than 5 seconds = 0 points

3. Is your breathing steady while talking, without gasping?

- Always = 2 points
- Sometimes = 1 point
- Rarely or never = 0 points

**Total Breathing Score:** \_\_\_\_\_ / 5

# Voice And Self

**M Tight**



## **Voice And Self:**

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