



ROGER LOVE
AMERICA'S #1 VOICE COACH

STEP-BY-STEP SEQUENCE FOR HOW TO REVIEW YOUR OWN PUBLIC SPEAKING PERFORMANCES

...so that you can quickly improve and become an in-demand presenter!

If you're serious about becoming an in-demand and highly-paid presenter, you can't afford to waste time on repeating the same mistakes or wandering your way to improvement because you're not sure what to focus on or track.

Over my three decades of coaching many of the highest-paid and most famous presenters—including motivational speakers, coaches, authors, and more—I discovered a skill that put them on the fast-track to all-around improvement. It's the ability to quickly, productively, and skillfully critique your own performances.

But what should you look out for? And what key performance indicators should you be tracking from one performance or rehearsal to the next?

Finally, you can stop wondering, and start experiencing fast improvement.

In your hands is my proven sequence for self-assessing your public presentations. With this structured guideline, you'll be able to quickly gain clarity on what you're doing right and where to focus your improvement. Even better, as you continue to use this guide for every review session that you do, you'll be able to compare results and recognize how much you're improving.

I can't wait for you to experience how much time and frustration you'll save with this resource. The terms and techniques I refer to can be found inside my [Perfect Voice Complete Collection](#) online training program.

The world needs to hear your voice. Take advantage of this tool to give them your best presentation, every time.

Let me know how this helped you. Give me a shout-out on social media: facebook.com/RogerLoveVocals or instagram.com/theofficialrogerlove

I look forward to hearing your voice!

Roger Love



REVIEW 1: BIG PICTURE

Do a first review of your presentation. This is the “big picture” review, so watch it all the way through, noticing any obvious or key parts that really jumped out at you.

☐ **Did you congratulate yourself on delivering your presentation?**

Start this process from a place of self-love and productive improvement.

☐ **Is there enough emotion?** ☐ **Did you open with Happy and Grateful?**

Favorite parts of my performance: _____

Top 3 Big Things I'd like to improve on: _____

REVIEW 2: SPECIFIC DETAILS

Your second review is the time to focus on key details. Use the checklist below to guide you.

NOTE: Actions that usually benefit a performance have a + Things that tend to detract are noted as ✖

Fillers

_____ ✖ How many times did you use a filler word like “um,” “uh,” etc. (Need help cutting out filler words? See my “Solid Airflow Technique” inside *The Perfect Voice program!*)

Time Did you go over/under your allotted time?

☐ ✖ OVER ☐ ✖ UNDER ☐ + ON TIME (within 1 min.)

Transitions

☐ ✖ Did you get lost in your notes or forget your content?

☐ ✖ Did you break connection with the audience for more than a few seconds to look through notes or cues?

Wardrobe How many times did you:

_____ ✖ Tug at your clothing?

_____ ✖ Touch your hair or mouth?

_____ ✖ Hold on to “security blankets” like pens, notebooks, coffee cups, etc?

_____ ✖ Toggle with jewelry, a watch, necklace, or ring?

Lighting

☐ ✖ Did you move into a dark spot?

☐ ✖ Were you over-lit?

Eye Contact How many times did you:

_____ ✖ Look at your notes?

_____ ✖ Look away from the camera?

_____ ✖ Look off camera?

Body Language How many times did you:

_____ ✖ Put both hands in your pockets?

_____ ✖ Cross your arms?

_____ ✖ Turn your back to the audience?

_____ ✖ Make parallel gestures?

(Need help cutting out parallel gestures?

See my technique inside *The Perfect Voice program!*)

☐ ✖ Did you go too wide with the corners of your mouth?

(Learn how to smile without detracting from your voice inside *The Perfect Voice program.*)

Movement

☐ + Did you use the full space – camera frame or stage?

☐ ✖ Did you stay behind a lectern or desk the entire time?

☐ + Did you engage your full body as often as possible?

☐ ✖ Did you use The Lean?

(Not sure what *The Lean* is? Check out my *Speaking Pro Masterclass program!*)



ROGER LOVE AMERICA'S #1 VOICE COACH

REVIEW 3: DELIVERY

Do a third and final review of your presentation, focusing on your delivery. Pay special attention to breathing, characters, and the Building Blocks of Voice.

NOTE: Actions that usually benefit a performance have a + Things that tend to detract are noted as ✖
Not sure what The Building Blocks of Voice are? I break them all down in my Perfect Voice program.

Building Block 1: Pitch

- ☐ + Did you use Chest Voice?
- ☐ + Did you use Middle Voice?
- ☐ + Did you use Head Voice?

Building Block 2: Pace

- ☐ + Did you change up your pacing to add emphasis?
- ☐ ✖ Did your overall pace feel too slow or fast?
- _____ + How many "power pauses" did you use?

Building Block 3: Tone

- ☐ + Did you add edginess (more vocal cord, less air) when you made the call to action?
- ☐ + Were you more edgy at the parts where you wanted to emphasize your credibility or confidence in your information?
- ☐ ✖ Are there parts where you sounded too airy (soft, delicate) or edgy (strong, aggressive)?

Note the time code here: _____

Building Block 4: Melody

- ☐ ✖ Did you fall into monotone?
- ☐ + Did you end on the same notes to add emphasis?
- ☐ + Did you use ascending melodies to keep people engaged and uplifted?
- _____ ✖ How many times did you use upspeak when you didn't intend to ask a question?

Building Block 5: Volume

- ☐ + Was the audience able to hear you the entire time?
- ☐ + Did you change your volume to add emphasis?

Delivery: Character

- ☐ + Did you use the Magician, Lover and/or Warrior characters at any point?
- ☐ + Did you change voices when speaking for the different characters in your stories?
- ☐ + Did your voice match the vocal profile of the emotion or impression you were trying to convey?

Delivery: Breathing

- ☐ + Did you use diaphragmatic breathing?
- ☐ + Did you inhale at the commas and periods?
- _____ ✖ How many times did you run out of breath and fall into squeaky hinge?

(Need help improving your diaphragmatic breathing?
See my exercises inside The Perfect Voice online program.)

EVALUATION

Overall, my performance was:

✖ 1 2 3 4 5 6 7 8 9 10 +

Why? _____

Today, my #1 motivation to improve is: _____

Ready to take your public speaking and influence skill set to the next level?



Get The Perfect Voice Complete Collection and save \$50 when you use code REVIEW at check out!

CLICK HERE TO JOIN NOW!