



Dot's 10 Tips to Becoming an Empowered Singer

1. Connect to your breath and inner rhythm/flow and always **stay connected** while singing.
2. Make sure you are aware of, and **release all tension areas** in your body before you sing. You can develop bad vocal habits and possible damage from too much neck, jaw and tongue tension.
3. **Notice negative inner dialogue about your voice, and immediately replace it with the positive!** Remember: what you feel when you are singing is conveyed to the listener. It's important to be kind to the voice and allow it to grow.
4. **Keep a voice journal** to record new thoughts, breakthroughs ideas, inspirations and realizations. This will help you grow even faster!
5. **Begin singing in a range where it is comfortable for you** and learn to expand from there. You can tell this by paying attention to how your speaking voice feels and sustaining notes that you speak.
6. **Record your voice** while singing alone, at band practices and live performances. You can learn a lot by really listening to a recording of your voice, but do it with love.
7. Use Dot's 3 "P's" Be **patient, persistent and practice!**
8. It's great to **listen and sing along with other vocalists you admire to get a feel for developing your own style**, but if you're female, listen to more women, and if you're male, listen to more men. This particularly helps with keeping things in the right range and placement for you. You can change keys and expand it later as you develop your style.
9. Be completely PRESENT when you sing! **Be authentically invested in what you're singing about and why.**
10. **Take care of your instrument because it is YOU!** You can't replace it like you would a guitar or piano! Proper vocal rest after a daily practice and or performance is crucial. And remember, NEVER WHISPER if your voice hurts. It's the worst thing you can do! Humming is wonderful for the voice and **Dot's Practicing CORE Vocal Power CD** is a great way to get the voice back in shape and keep it that way!