

My Singing Goals

Setting goals means you can clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.

Short Term Goals (3 months)

Medium Term Goals (6 months)

Long Term Goals (1 year +)

These Goals are important to me because:

The obstacles I need to overcome to achieve these goals are:

What will be the best thing about achieving these goals?:

What are the steps to achieving these goals?:

What do I need to do first? Can I do it today? Now?

Every day, you get 100% of the energy you'll have. The magic is in how you use it.

Madison Levi

SINGING PRACTICE PLAN

What is the aim of this practice session?

Warm up Exercises (10mins or until voice feels "light and free"):

- Quick body scan and focus on retraction
- Vocal fold stretch and laryngeal conditioning (lip trill vocal sirens and or sirens through a straw)
- Connect to the breath (farinelli exercises, semi-occluded exercises on *sh*, *vv*, *fff* etc.)
- Loosen jaw and articulators - tongue / lips - (exercises on *yah* or say a few tongue twisters)
- Establish forward placement and move through gentle flexibility (these are exercises that use nasal consonants to open vowels (mm, ng, etc) and glide smoothly between each note)

Technical Focus (these should relate to your practice aims & repertoire):

Repertoire Focus (integrating technique):

Reflections on my practice (What went well? What can I improve on?):

It can be a good idea to record yourself singing the song or song section first, then observe what was and wasn't working, then attempt to adjust and record yourself again to compare.

Madison Levi