

Instant Checks List

INSTANTLY useful questions to quick-fix vocal problems.

- Tall posture? Chest high + shoulders back, with body feeling at ease?
Tense abs, or relaxed?
 - Place spine against back of door to find posture.
- Jaw tension?
 - Massage jaw joint.
- Tongue against back of bottom row of teeth?
 - Well, put it there!
- Is the breath moving?
 - Use any breath exercise, but especially straw exercises.
- Am I emotionally free, or stressed?
 - Take a moment to be grateful.
- Voice stuck in the nose?
 - Pinch the nose while singing.
- Voice stuck in back of throat?
 - Pinch the nose while singing or do the exercise with a straw.
- Am I “punching” or “lurching” at the top note?
 - Descend to comfortable pitch level. Expand from your strengths!
- Throat feels tight, sore?
 - Descend to comfortable pitch level. Expand from your strengths!
- Am I dehydrated?
 - Drink water a day **before** you need it. Hydration takes time.
- Am I fearful of a certain note?
 - Fear disappears as you overcome obstacles. Start with *small* obstacles (the notes below the Fear note), incrementally strengthen them, until the Fear note is “just another note.”

Core Principles of Learning High Notes

1. Work a little every day. Do not cram.
2. Expand from your strengths.
3. Know what good singing feels like.
4. Practice makes permanent.