

VOICE JOURNAL

DATE: _____

S M T W T F S

MY LONGTERM GOALS

- _____
- _____
- _____

WATER INTAKE



STATE OF BEING



TODAY'S VOICE AFFIRMATION

- _____
- _____
- _____
- _____

NOTES / REMINDERS

my voice was affected by..

my voice sounded really good when..

TODAY'S PRACTICE GOALS

- _____
- _____
- _____
- _____

HABIT TRACKER

- *Nebulizing* S M T W T F S
- _____ S M T W T F S
- _____ S M T W T F S
- _____ S M T W T F S

INSTRUCTIONS

DAILY VOCAL HEALTH JOURNAL EXERCISE

WELCOME TO YOUR DAILY VOCAL HEALTH JOURNAL EXERCISE!
TAKING A FEW MOMENTS EACH DAY TO REFLECT ON AND RECORD YOUR VOCAL HEALTH JOURNEY CAN SIGNIFICANTLY ENHANCE YOUR UNDERSTANDING AND PROGRESS.
USE THIS SPACE TO JOT DOWN YOUR THOUGHTS, OBSERVATIONS, AND COMMITMENTS TO MAINTAINING VOCAL VITALITY.

1. ASSESS YOUR VOCAL LIFESTYLE

REFLECT ON YOUR DAILY HABITS AND HOW THEY MAY BE IMPACTING YOUR VOICE:

HOW WELL DID YOU STAY HYDRATED TODAY?
DID YOU GET ENOUGH SLEEP LAST NIGHT? HOW DID IT AFFECT YOUR VOICE?
ANY PARTICULAR DIETARY CHOICES THAT YOU NOTICED AFFECTING YOUR VOCAL PERFORMANCE?

2. VOICE STRESSORS:

IDENTIFY ANY FACTORS THAT MAY HAVE STRESSED YOUR VOICE TODAY:

WERE THERE ENVIRONMENTAL CONDITIONS (DRY AIR, POLLUTANTS, ETC.) THAT AFFECTED YOUR VOICE?
DID YOU ENCOUNTER SITUATIONS WHERE YOU HAD TO STRAIN YOUR VOICE EXCESSIVELY?

3. COMBATTING CHALLENGES:

DESCRIBE ANY CHALLENGES YOU FACED WITH YOUR VOICE TODAY AND HOW YOU ADDRESSED THEM:
DID YOU EXPERIENCE ANY SYMPTOMS OF A COLD OR VOCAL FATIGUE?
WHAT TECHNIQUES OR EXERCISES DID YOU USE TO ALLEVIATE THESE SYMPTOMS?

4. REFLECTIONS AND LEARNINGS:

SHARE ANY INSIGHTS OR LESSONS LEARNED ABOUT YOUR VOCAL HEALTH TODAY:

WHAT WORKED WELL IN MAINTAINING YOUR VOCAL HEALTH TODAY?
IS THERE ANYTHING YOU COULD IMPROVE OR ADJUST IN YOUR VOCAL HABITS?

5. COMMITMENTS FOR TOMORROW:

SET ACTIONABLE GOALS FOR IMPROVING OR MAINTAINING YOUR VOCAL HEALTH TOMORROW:

WHAT SPECIFIC STEPS WILL YOU TAKE TO ENSURE OPTIMAL VOCAL HEALTH?
ARE THERE ANY HABITS YOU PLAN TO INCORPORATE OR MODIFY BASED ON TODAY'S REFLECTIONS?
ADDITIONAL NOTES:

USE THE SPACE "NOTES & REMINDERS" TO JOT DOWN ANY ADDITIONAL THOUGHTS, IDEAS, OR OBSERVATIONS RELATED TO YOUR VOCAL HEALTH JOURNEY.

REMEMBER, CONSISTENCY IS KEY TO ACHIEVING AND MAINTAINING VOCAL VITALITY. BY COMPLETING THIS JOURNAL EXERCISE DAILY, YOU'RE INVESTING IN THE LONG-TERM HEALTH AND STRENGTH OF YOUR VOICE.
KEEP UP THE GREAT WORK!

CHEERS TO A HEALTHY & VIBRANT VOICE!

ROSE KELLEY
HOUSE OF VOICE L.L.C.