

STEALTHY STUDY HABITS

A GUIDE FROM THE GET TRACTION COURSE

PRACTICE “STEALTHY STUDY”

- When watching TV or listening to the radio, start listening to the commercials – and listen to them critically
- When talking to friends (or anyone), take note of how you sound when you’re expressing different emotions
- Listen to how other people sound when they are expressing different emotions
- Listen to nuances in other voiceovers that you hear, see if you can start to recognize techniques that they are using
- Start to categorize voiceover that you hear into archetypes
- Practice releasing less air when saying words that have plosives
- Create different characters you can channel, and practice engaging the world in their shoes
- Do mouth exercises while you’re sitting at your desk at work
- Practice emulating different accents
- Practice adopting other people’s posture and see how it affects the way you interact with your world
- Listen to VO podcasts (or audio from this course) while driving, running, working, etc.
- When you’re reading a label on a food product, or the description for TV show, practice delivering it from a specific point of view, then from a different point of view
- Practice reading billboard ads
- Don’t hold back when you’re reading out loud to your children (or yourself)