

Mini SPEAK OUT!® Workout

Warm up your voice before social engagements and appointments using this “Mini SPEAK OUT! Workout.”

3 May-Me-My-Moe-Moos

3 Ahs

3 Glides

Count to 10 forward and backward

Recite a passage you know VERY WELL with INTENT, such as the *Pledge of Allegiance*, a prayer, a poem, or an old school “fight song.” Use your BEST voice!

Now you are ready to **SPEAK** with **INTENT**!