

Vox Rituals



DAILY JOURNAL

for vocalists



Name:

Age:

Year:

HOW WOULD YOU DESCRIBE A
GOOD VOICE?

WHAT DO YOU NOT LIKE ABOUT
YOUR VOICE?

WHAT DO YOU EXPECT FROM
YOURSELF AS A SINGER?

IS ANYTHING UNREALISTIC ABOUT
YOUR EXPECTATIONS?

WRITE A LETTER TO YOUR VOICE

WHAT DO YOU LOVE ABOUT YOUR
VOICE?

WHAT'S THE BEST VOCAL PRACTICE
FOR YOU?

WHAT CHALLENGE IS PREVENTING
YOU FROM BECOMING THE
VOCALIST YOU WANT?

WRITE DOWN ALL THE NEGATIVE
THOUGHTS YOU HAVE ABOUT YOUR
VOICE

WRITE DOWN ALL THE POSITIVE
THOUGHTS YOU HAVE ABOUT YOUR
VOICE

NAME 5 THINGS THAT MAKE YOUR
HEART SING

WHAT ARE YOUR BELIEFS ABOUT
SINGING?

WHAT DO YOU WANT TO CHANGE
ABOUT YOUR VOICE?

MAKE A LIST OF ALL THE THINGS
THAT YOU ARE EXPECTING TOO
MUCH FROM YOUR VOICE

WHAT 5 THINGS ARE GOING GOOD
REGARDING YOUR VOCAL PRACTICE

WHAT COMPLIMENTS HAVE YOU
RECEIVED ABOUT YOUR VOICE?

IF YOU WOULD BE SEND TO THE
FUTURE FOR 2 YEARS, WHAT WOULD
YOUR VOCAL PRACICE LOOK LIKE?

WHICH ONE OF YOUR ACHIEVED
SINGING ORIENTED GOALS ARE YOU
THE MOST PROUD OF?

WHAT IS THE MOST FANTASTIC
THINGS ABOUT YOUR VOCAL
PRACTICE RIGHT NOW?

WHAT ARE 5 THINGS THAT MAKE
YOUR VOCAL PRACTICE AWESOME?

WHAT IS YOUR FAVORITE THING
ABOUT SINGING?

WHAT DO YOU ADMIRE MOST ABOUT
OTHER PEOPLE'S VOICES?

WHAT (**VOX RITUALS**) DO YOU USE
TO CARETAKE YOUR VOCAL
PRACTICE?

WHAT HABITS DO YOU HAVE THAT
AREN'T ENRICHING YOUR VOCAL
PRACTICE?

DESCRIBE WHEN YOU FELT JEALOUS
OF OTHER VOCALISTS. WHAT DID
THAT TEACH YOU ABOUT YOURSELF?

COMPARED TO YOUR VOCAL
PRACTICE 2 YEARS AGO , IN WHAT
WAYS HAVE YOU GROWN?

FROM WHAT EMOTION DO YOU
PREFER TO SING THE MOST AND
WHY?

DO YOU HAVE ANY HABITS THAT
PREVENT YOU FROM BEING YOUR
IDEAL VERSION?

WHAT MAKES IT VERY DIFFICULT TO
SING SOMETIMES?

WHAT ARE THE THINGS THAT MAKE
IT EASY TO SING SOMETIMES?

WHAT ARE YOUR DEEPEST FEARS
ABOUT SINGING?

WHAT IS YOUR FAVORITE SONG TO
SING?

WHAT CAN YOU DO TO AMPLIFY THE
LOVE YOU HAVE FOR YOUR VOICE?

WHAT IS THE MOST FUN THING YOU
HAVE EXPERIENCED WITH YOUR
VOICE

WHAT STEPS WOULD YOU TAKE IN
YOUR VOCAL PRACTICE IF YOU
KNEW FOR SURE YOU COULDN'T
FAIL?

WHEN DOES YOUR VOICE SOUND
THE MOST BEAUTIFUL?

HOW DO YOU TREAT YOUR VOICE,
GOOD AND BAD?

HAS YOUR CONFIDENCE ABOUT
SINGING DECREASED OR INCREASED
COMPARED TO 1 YEAR AGO?

WHAT ARE SOME CATHARSIS
MOMENTS ABOUT SINGING?

IN WHAT WAYS ARE YOU
CARETAKING YOUR INNER-VOICE?

WHAT DO YOU ALWAYS NEED TO
REMEMBER ABOUT YOUR VOICE?

WHAT ARE YOUR PRIORITIES
REGARDING YOUR VOCAL
PRACTICE?

WHAT IS THE BIGGEST MISTAKE YOU
MAKE WITH YOUR VOCAL PRACTICE?

WHAT PRACTICAL VOCAL SKILLS DO
YOU WISH YOU HAD?

WHAT DO YOU HOPE PEOPLE ARE
THINKING ABOUT YOUR VOICE?

HOW MANY HOURS A DAY DO YOU
WANT TO SPEND ON YOUR VOCAL
PRACTICE?

DO YOU HAVE STAGE FRIGHT?

WHAT IS YOUR DEFINITION OF
SUCCEES RELATED TO VOCAL
PRACTICE?