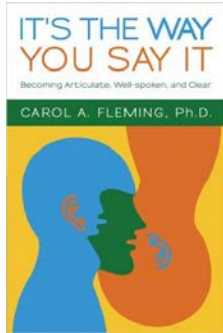


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actYOUlization worksheet



## IT'S THE WAY YOU SAY IT

*Becoming Articulate, Well-Spoken, and Clear*

*By Carol A. Fleming, PH.D.*

*iUniverse© 2010 Carol A. Fleming, PH.D*

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*“There can be no greater investment in your social impact and your personal confidence than fluent, courteous, articulate speaking” Carol A. Fleming*

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## Communication Awareness Exercise

**FOR THE NEXT 24HRS PRACTICE COMMUNICATION AWARENESS. LISTEN TO YOURSELF SPEAK. IN THE WORD BOX REVIEW HOW WELL YOU FELT YOU CONVEYED YOURSELF. WHEN SPEAKING TAKE NOTICE OF HOW YOUR MOOD AFFECTS YOUR TONE & POSTURE. EXPERIMENT: TRY SPEAKING IN A HAPPY TONE AND CONFIDENT POSTURE. DID CHANGING YOUR TONE & POSTURE INFLUENCE YOUR MOOD?**

Words

Tone

Posture

**YOU**tilize Carol's free vocal assessment. Go to: <http://itsthewayyousayit.com/>

