



## ⚡ IMPORTANT TRUTH

7 days is not enough time to learn something new. This week is about refining, reinforcing, and protecting what you've already built. If you're not confident in your material yet, push the session back. This countdown assumes you've done the work.

## 🎯 YOUR 5 GOALS THIS WEEK

✓ Lock in your technique

✓ Protect your voice

✓ Build mental clarity

✓ Reduce physical tension

✓ Arrive calm & confident

THE COUNTDOWN BEGINS

DAY  
7

## TECHNIQUE LOCK-IN & ARTISTIC EXPLORATION

Theme: Commit to your choices.

- Full warm-up + full sing-through of each song
- Record yourself (video preferred)
- Review and note what feels strong vs. uncertain
- **Explore options:**
  - Try different phrasing, dynamics, or tone colors
  - Test emotional delivery choices
  - Experiment with breath placement
- **Notice which choices feel:** Repeatable, Honest, Effortless

### KEY RULE

If exploration causes tension, fatigue, or technical instability, return to your coached baseline.

DAY  
6

## BODY & BREATH AWARENESS

Theme: Support the instrument.

- Gentle movement (walking, yoga, stretching)
- Breath-focused warm-ups
- One intentional sing-through per song
- Begin reducing caffeine and alcohol
- **Check in with your body:** Where are you holding tension? Jaw, tongue, neck, shoulders, ribs? How can you release these areas?

DAY  
**5**

## CONSISTENCY OVER INTENSITY

Theme: Same voice, every time.

- Two short vocal sessions max
- Record yourself casually (phone is fine)
- Listen back: Does it sound like you? Consistent? Controlled?
- Avoid over-singing or "performing"

### MINDSET REMINDER

The goal isn't to impress yourself. It's to sound like you — reliably.

DAY  
**4**

## MENTAL REHEARSAL DAY

Theme: Visualize success.

- Light vocal work only (15–20 minutes)
- Visualize yourself in the studio:
  - Walking in calm
  - Hearing the track
  - Singing with ease
  - Nailing a tough section
- Write down 3 things you're proud of in your preparation

### PRO TIP

Visualization is not fluff — elite athletes and performers use it because it works.



DAY  
**3**

## CONTROLLED ENERGY

Theme: Precision & restraint.

- One full warm-up
- One intentional run-through per song
- Stop before fatigue
- Gentle cool-down afterward

### RED FLAGS TO STOP EARLY

Throat tightness • Loss of control • Needing to push to get sound

DAY  
**2**

## VOCAL CONSERVATION

Theme: Save it for the mic.

- Minimal speaking
- No full sing-throughs
- Light SOVT work only (straw, lip trills, bubbles)
- **Hydrate, Hydrate, Hydrate**
- Early bedtime

### REMEMBER

Trust the work you've already done.

DAY

1

## STUDIO DAY

Theme: Calm, grounded, ready.

- Gentle wake-up warm-up
- Eat balanced, familiar foods
- Avoid dairy, alcohol, heavy sugar
- Arrive early
- **Warm up in the studio, not before you leave**

### MENTAL CUE BEFORE THE RED LIGHT

"I have done the work necessary to achieve the outcome I am looking for."

## FINAL REMINDERS

- ★ **Your best takes come from ease**, not effort
- ★ **Emotion lives in clarity**, not tension
- ★ **Be flexible and coachable.** Allow your producer to help bring moments out of you that you may not have thought of before the session, but remain true to your artistic vision.
- ★ **If something feels off**, communicate it with your producer and your coach
- ★ **You don't need to be perfect.** You need to be prepared, present, and consistent.

— The Vocal Academy Vault

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