

SUGGESTED
COURSE SCHEDULE

DISCOVER YOUR VOICE

THE
WORSHIP
VOCALIST



SUGGESTED COURSE SCHEDULE

Welcome to the “Discover Your Voice” course! I’m excited for you to discover new things about your voice and take your singing to the next level!

“Discover Your Voice” is divided into 6 sections:

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The best way to go through this course for the first time is to commit to doing the lessons over a period of **6 weeks** (one new lesson + 3-5 days of vocal exercise per week) or **12 weeks** (one new lesson bi-weekly + 5-6 days of vocal exercise over the course of 2 weeks).

Set a Schedule and Stick To It

In the accompanying course schedule layouts, choose from either the 6-week or 12-week schedule (*we’ve provided both*), depending on your capacity and current level of busy-ness. In the 12-week plan, you’ll move a bit more leisurely through the lessons, with more days “off” of vocal exercise. However, with either plan, you should see the same results achieved in your voice, as long as you’re following the schedule to the best of your ability.

At the beginning of each week, I encourage you to **schedule in the days and times** you’re going to watch the videos and do the vocal workouts. We all know how quickly a week can get away from us! When we don’t schedule things in, they don’t happen. Challenge yourself to set goals and keep them, but at the same time, be realistic about what those goals are! The last thing you want is to set the bar too high, and then get discouraged and give up on the whole thing.

Do Not Rush

Do not... I repeat... do not rush this course. I highly recommend that you do not go through more than one lesson per week. Also, don't skip lessons! Some lessons will be more interesting to you for sure... but the topics and vocal exercises are designed to build on one another, and you may very well experience frustrating results later on in your vocal training if you haven't built the proper foundation of strength, stamina and technique in your voice.

Good, solid vocal training **cannot and should not be rushed**. You will see the best results in your voice if you take it slow and steady. Once you've been through the course, you can come back to individual lessons and work through them as you choose.

When Do I Practice My Songs?

Please note that singing songs and practicing for your worship sets is not equivalent to *(and does not take the place of)* doing the vocal workouts... in terms of seeing vocal improvement and progress! But of course, I know you love to sing—and many of you serve on your local church worship teams, so please do not neglect to sing for fun and to diligently practice for your weekend services! The best time to sing and practice your songs is after doing a vocal workout, because your voice will be warmed up and ready to go *(however, make sure to take a short break if your voice is feeling tired from the workout)*! Or, on your “off” days, do a simple vocal warmup and use those days to work on your songs. I encourage you to check out the “Song Tutorials” section of www.theworshipvocalist.com for specific tips and strategies for worship songs!



Questions? Ask away on the Introduction lesson page!

6-WEEK SCHEDULE //

WEEKLY TIME COMMITMENT

The ideal length of practice time for a vocalist (who is actively seeking vocal improvement) is **25-45 minutes per day, 3-5 times per week.**

The suggested 6-week practice schedule is based on a 4-day practice week. If you are only able to exercise your voice 3 days a week, just skip a day on the practice schedule. If on some weeks, you're able to add a practice day, do it! Feel free to do the workouts up to 6 days a week, but I strongly recommend taking one day of vocal rest per week.

DAY 1:

- ▶ Ideally, choose a consistent day of the week where you can sit down and watch the video lesson for that section. The video lessons are typically **20-30 minutes long.**
- ▶ Follow along and make sure you pause the video to try things out. Take the time to really feel out and try out the vocal sounds and coordinations that I take you through. If you have time to also go through the accompanying vocal workout that same day, do it! Otherwise, just wait until Day 2 to begin your vocal workouts.

DAYS 2, 3, 4, 5:

- ▶ Spend the rest of each week doing the accompanying audio vocal workouts. The vocal workouts are typically **15-35 minutes long.**
- ▶ The vocal exercise days can be all in a row (i.e. Monday, Tuesday, Wednesday), or you can spread them out (i.e. Monday, Wednesday, Friday), but **DON'T** just cram everything into one day!
- ▶ Please note that doing the vocal workout twice on one day is **NOT** equivalent to exercising your voice on two separate days. For most people, too much vocal exercise tires out the voice more than it helps it.
- ▶ Be creative with your time. Some days it will work best for you to split the vocal workouts in half, and do one half in the morning, one half in the evening (especially in the later lessons when the vocal workouts get longer). Or, you can do half the workout on one day, half the workout the next day. This is not a science! The best thing you can do is be focused and attentive as you're going through the workouts, and aim for 3-5 days of vocal exercise per week as much as you can.
- ▶ If you miss a day or a week, don't stress or give up, just pick up again the following week!

6-WEEK PRACTICE SCHEDULE

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	☑
WEEK 1: INTRODUCTION				
Day 1	Watch Introduction Video (52 min)			<input type="checkbox"/>
	Do Week 1 Workout (15 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Week 1 Workout (15 min)			<input type="checkbox"/>
Day 3	Do Week 1 Workout (15 min)			<input type="checkbox"/>
Day 4	Do Week 1 Workout (15 min)			<input type="checkbox"/>
WEEK 2: CHEST VOICE				
Day 1	Watch Chest Voice Video (22 min)			<input type="checkbox"/>
	Do Week 2 Workout (20 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Week 2 Workout (20 min)			<input type="checkbox"/>
Day 3	Do Week 2 Workout (20 min)			<input type="checkbox"/>
Day 4	Do Week 2 Workout (20 min)			<input type="checkbox"/>
WEEK 3: HEAD VOICE				
Day 1	Watch Head Voice Video (21 min)			<input type="checkbox"/>
	Do Week 3 Workout (25 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Week 3 Workout (25 min)			<input type="checkbox"/>
Day 3	Do Week 3 Workout (25 min)			<input type="checkbox"/>
Day 4	Do Week 3 Workout (25 min)			<input type="checkbox"/>

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	<input checked="" type="checkbox"/>
WEEK 4: PHARYNGEAL VOICE				
Day 1	Watch Pharyngeal Voice Video (32 min)			<input type="checkbox"/>
	Do Full Voice Workout (35 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Full Voice Workout (35 min)			<input type="checkbox"/>
Day 3	Do Full Voice Workout (35 min)			<input type="checkbox"/>
Day 4	Do Full Voice Workout (35 min)			<input type="checkbox"/>
WEEK 5: SONG APPLICATION				
Day 1	Watch Song Application Video (32 min)			<input type="checkbox"/>
Day 2	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Re-watch Song Application Video <i>(pausing to try things out)</i>			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 3	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 4	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	☑
WEEK 6: WHERE TO GO FROM HERE				
Day 1	Watch Where to Go From Here Video (11 min)			<input type="checkbox"/>
	Do Full Voice Workout (35 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 3	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 4	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>

12-WEEK SCHEDULE //

WEEKLY TIME COMMITMENT

The ideal length of practice time for a vocalist (who is actively seeking vocal improvement) is **25-45 minutes per day, 3-5 times per week.**

The suggested 12-week practice schedule is based on doing 5-6 days of vocal training over the span of two weeks. I don't recommend doing less than the 5-6 days, but if on some weeks, you're able to add a practice day, do it! Feel free to do the workouts up to 6 days a week, but I strongly recommend taking one day of vocal rest per week.

DAY 1:

- ▶ Ideally, choose a consistent day of the week (bi-weekly) where you can sit down and watch the video lesson for that section. The video lessons are typically **20-30 minutes long.**
- ▶ Follow along and make sure you **pause the video to try things out.** Take the time to really feel out and try out the vocal sounds and coordinations that I take you through. If you have time to also go through the accompanying vocal workout that same day, do it! Otherwise, just wait until Day 2 to begin your vocal workouts.

DAYS 2, 3, 4, 5, 6:

- ▶ Spend the rest of the two weeks doing the accompanying audio vocal workouts. The vocal workouts are typically **15-35 minutes long.**
- ▶ For best results in the 12-week plan, spread your practice days out over the two weeks, rather than trying to rush or just cram everything into the first or second week.
- ▶ Please note that doing the vocal workout twice on one day is NOT equivalent to exercising your voice on two separate days. For most people, too much vocal exercise tires out the voice more than it helps it.
- ▶ Be creative with your time. Some days it will work best for you to split the vocal workouts in half, and do one half in the morning, one half in the evening. Or, you can do half the workout on one day, half the workout the next day. This is not a science! The best thing you can do is be focused and attentive as you're going through the workouts, and aim for 2-3 days of vocal exercise per week as much as you can.
- ▶ If you miss a day or a week, don't stress or give up, just pick up again the following week!

12-WEEK PRACTICE SCHEDULE

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	<input checked="" type="checkbox"/>
WEEK 1: INTRODUCTION				
Day 1	Watch Introduction Video (52 min)			<input type="checkbox"/>
	Do Week 1 Workout (15 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Week 1 Workout (15 min)			<input type="checkbox"/>
Day 3	Do Week 1 Workout (15 min)			<input type="checkbox"/>
Day 4	Do Week 1 Workout (15 min)			<input type="checkbox"/>
Day 5	Do Week 1 Workout (15 min)			<input type="checkbox"/>
Day 6	Do Week 1 Workout (15 min)			<input type="checkbox"/>
WEEK 2: CHEST VOICE				
Day 1	Watch Chest Voice Video (22 min)			<input type="checkbox"/>
	Do Week 2 Workout (20 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Week 2 Workout (20 min)			<input type="checkbox"/>
Day 3	Do Week 2 Workout (20 min)			<input type="checkbox"/>
Day 4	Do Week 2 Workout (20 min)			<input type="checkbox"/>
Day 5	Do Week 2 Workout (20 min)			<input type="checkbox"/>
Day 6	Do Week 2 Workout (20 min)			<input type="checkbox"/>

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	<input checked="" type="checkbox"/>
WEEK 3: HEAD VOICE				
Day 1	Watch Head Voice Video (21 min)			<input type="checkbox"/>
	Do Week 3 Workout (25 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Week 3 Workout (25 min)			<input type="checkbox"/>
Day 3	Do Week 3 Workout (25 min)			<input type="checkbox"/>
Day 4	Do Week 3 Workout (25 min)			<input type="checkbox"/>
Day 5	Do Week 3 Workout (25 min)			<input type="checkbox"/>
Day 6	Do Week 3 Workout (25 min)			<input type="checkbox"/>
WEEK 4: PHARYNGEAL VOICE				
Day 1	Watch Pharyngeal Voice Video (32 min)			<input type="checkbox"/>
	Do Full Voice Workout (35 min) <i>(optional, if you have time)</i>			<input type="checkbox"/>
Day 2	Do Full Voice Workout (35 min)			<input type="checkbox"/>
Day 3	Do Full Voice Workout (35 min)			<input type="checkbox"/>
Day 4	Do Full Voice Workout (35 min)			<input type="checkbox"/>
Day 5	Do Full Voice Workout (35 min)			<input type="checkbox"/>
Day 6	Do Full Voice Workout (35 min)			<input type="checkbox"/>

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	<input checked="" type="checkbox"/>
WEEK 5: SONG APPLICATION				
Day 1	Watch Song Application Video (32 min)			<input type="checkbox"/>
Day 2	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Re-watch Song Application Video <i>(pausing to try things out)</i>			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 3	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 4	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 5	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>
Day 6	Do Full Voice Workout (35 min)			<input type="checkbox"/>
	Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/>

DAY	WHAT TO DO	DATE SCHEDULED	DATE COMPLETED	☑
WEEK 6: WHERE TO GO FROM HERE				
Day 1	Watch Where to Go From Here Video (11 min) Do Full Voice Workout (35 min) <i>(optional, if you have time)</i>			<input type="checkbox"/> <input type="checkbox"/>
Day 2	Do Full Voice Workout (35 min) Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/> <input type="checkbox"/>
Day 3	Do Full Voice Workout (35 min) Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/> <input type="checkbox"/>
Day 4	Do Full Voice Workout (35 min) Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/> <input type="checkbox"/>
Day 5	Do Full Voice Workout (35 min) Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/> <input type="checkbox"/>
Day 6	Do Full Voice Workout (35 min) Do Song Application Workout (16 min) <i>(one exercise or all three)</i>			<input type="checkbox"/> <input type="checkbox"/>