



Game 3: Tune Boom

The preceding exercises were just to get you more conscious of the fact that anytime we communicate, our whole body gets into the act whether we want it to or not. But you should want it. Your job is to be aware of it, again, without being self-conscious and critical. But how do you do that?

By using an energy multiplier. Like music.

What's your favorite kind of music? What mellows you out? What gets you revved up? What kind of music would you listen to if you needed extra energy? Like maybe for a video shoot.

The Revenge of the Ear Worm

Play your favorite energy-creating tune while reading the script out loud for your next video. Then play that same music when you're up on your feet going through the video on camera. Let the music into your body. Move with the music if you feel like it. Let the music change the tonality in your voice, your rhythm, your volume. Get all the way through the piece. You can use ear buds so only you hear it, or a speaker. It doesn't matter. Just get all the way through.

Now try it without playing the music out loud, but just in your head, though memory.

Hopefully you allowed the music to influence the way you spoke and the way you moved to some extent. But we're not done. I've saved the best for last.

Music is really, really powerful. So let's do one last thing with music that's a quantum leap more crazy. And more effective.

