

Force yourself to act on
what you say you are going
to do.
Hold yourself accountable,
only YOU can make it
happen!

SELF ACCOUNTABILITY MONITOR

BY WHEN?
DATE

Tick where appropriate

- I will contact one agency a week*
- I will practice 3 times a day*
- I will do tongue twisters every day*
- I will have my home studio set up by...*
- I will NOT wait for work to find me*

VOICEOVER TRAINING DAYS

How many hours a week will you dedicate to training your voice? Tick where appropriate

<input type="checkbox"/> Mon	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins	<input type="checkbox"/> Thu	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins	<input type="checkbox"/> Sun	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins
<input type="checkbox"/> Tue	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins	<input type="checkbox"/> Fri	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins		
<input type="checkbox"/> Wed	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins	<input type="checkbox"/> Sat	<input type="checkbox"/> Morning ___ mins <input type="checkbox"/> Afternoon ___ mins <input type="checkbox"/> Evening ___ mins		

Being consistant in anything is the key! We recommend spending at least 30 mins 3 times a day.

VOICEOVER SKILLS

What makes you a good voiceover artist?

E.g: I'm good at accents, I enjoy doing children's voices...

What would you like to improve on?



VOICEOVER CONTACTS

Research some companies and start reaching out to them

AGENCY	DATE	CONTACT DETAILS	OUTCOME/ FOLLOW UP

PRODUCTION COMPANY	DATE	CONTACT DETAILS	OUTCOME/ FOLLOW UP

Social media groups are great for connecting with like minded people and hearing about new opportunities!

SOCIAL MEDIA COMMUNITIES TO JOIN

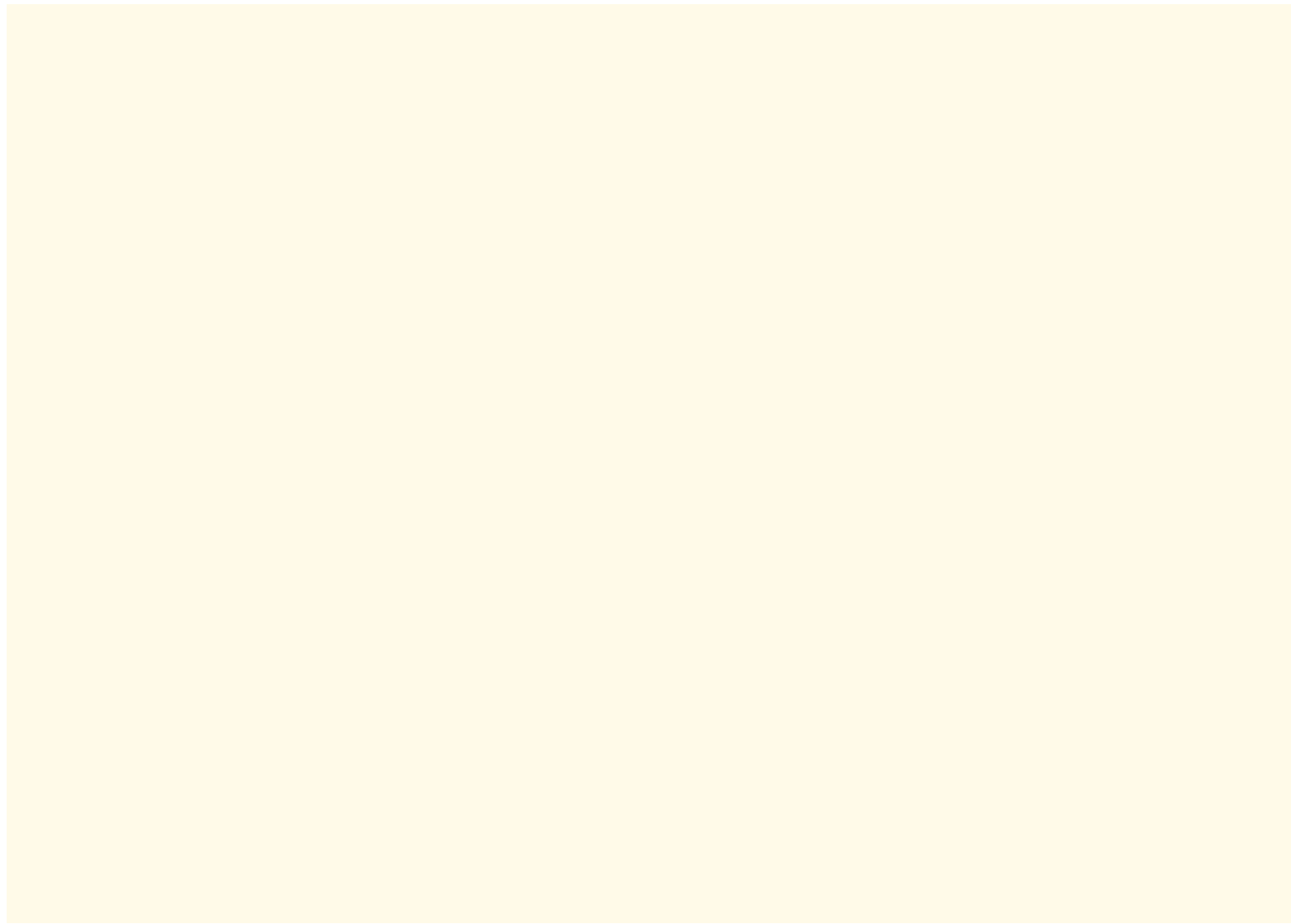


NOTES

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NOTES



4C Voices is a platform for novice and experienced voice over artists seeking; advice, voice over training and voice reel production. Our aim is to encourage, promote and invest in diversity within the voice over industry, giving the necessary tools to kick start your voice over career.

The great thing about 4C Voices is you can be located anywhere in the world to engage in our services. So if you are ready to take your voice over goals to the next level, contact us!



WEBSITE

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@4CVOICES

