EnactraX
RISE WITH CONFIDENCE

CHALLENGE. CHANGE.
RISE WITH CONFIDENCE.

SPEECH ASSESSMENT REPORT

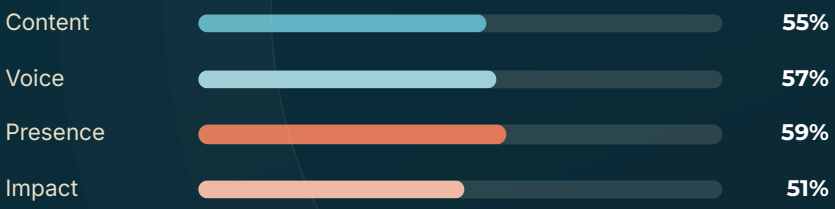
XYZ

MOTIVATIONAL SPEECH | 3:12 | VIDEO | 4 NOVEMBER 2026 | REPORT ID EX-4A35-C68F



Needs Work

Message is lost often; focused practice needed



> You have a real story and a calm, clear voice, but the talk opens with a greeting, lists five habits and ends with four asks, so the one idea that could change your listeners gets lost.

YOUR 3 BIGGEST WINS INSIDE THIS REPORT

1	Open with the story, not a greeting	0:00
2	Three habits and one ask	3:05
3	Respect the room at the hardest moment	2:55

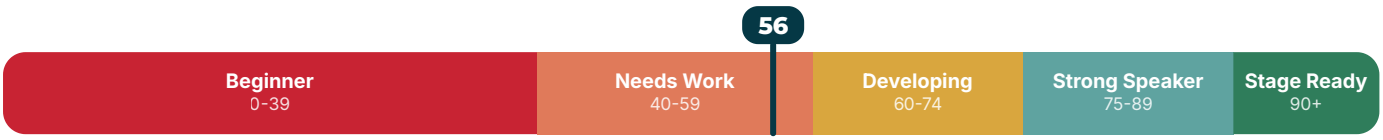
ASSESSED WITH THE ENACTRAX METHOD

Method designed by Saurabh Jain

Founder & Chief Trainer, EnactraX · 10 World Records · 30-hour non-stop speech · 200+ Awards · 23+ Years

INFOGRAPHIC SUMMARY

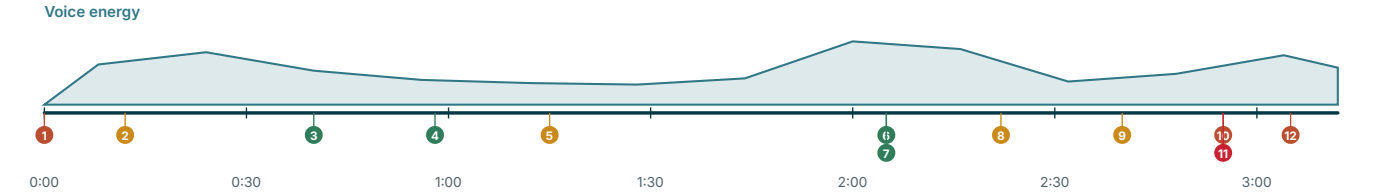
Your speech at a glance



You are at **56**: **Needs Work**. **19 points** to Strong Speaker, 34 to Stage Ready.

101 wpm	0.3/min	24/min	64%	1	25/25
Pace	Fillers	Pauses	Eye contact	Questions to the room	Criteria scored

Your talk, minute by minute



1. **0:00** Fix 1: Open with the story, not a greeting
2. **0:12** Inaccurate references (facts, quotes, data)
3. **0:40** Calm, clear, note-free delivery
4. **0:58** Concrete numbers people can picture
5. **1:15** Good start, then lost energy or flow in the middle (petering out)
6. **2:05** An honest personal story
7. **2:05** Best moment
8. **2:22** No pause after key points to let them sink in
9. **2:40** Piling stories, data or jokes onto one point
10. **2:55** Fix 3: Respect the room at the hardest moment
11. **2:55** Weakest moment
12. **3:05** Fix 2: Three habits and one ask

Strongest vs weakest criteria

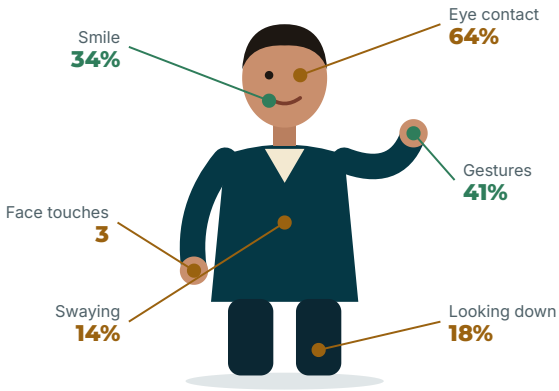
5 BIGGEST GAPS

Conclusion & call to action	4
Audience engagement & interaction	4
Opening hook & attention grabbing	4
Physical energy & presence	5
Body matches words & emotion	5

5 STRONGEST

Storytelling & real-life examples	7
Pronunciation & articulation	7
Eye contact with the audience	6
Content quality & message clarity	6
Voice quality & depth	6

Body language map

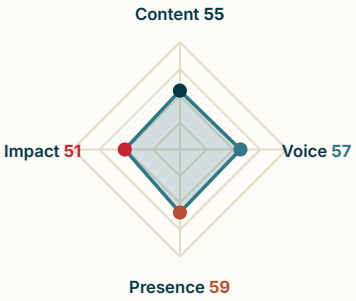


PILLARS AND HIGHLIGHTS

Your scorecard

BEFORE & AFTER King George VI had a severe stammer; with daily coaching from speech therapist Lionel Logue he delivered the 1939 wartime broadcast that steadied a nation.

Core message, as your audience heard it: Five small daily habits (wake early, read, exercise, journal, network) build success, and you should start tomorrow.



Strongest pillar	**Presence 59%**
Grow this first	**Impact 51%**
Gap between them	**7 points**

Content	Voice	Presence	Impact
55%	**57%**	**59%**	**51%**
16.1 of 29 points	13.3 of 24 points	17.7 of 30 points	8.8 of 17 points

Keep doing this

2:05
An honest personal story
"I sat in my car for an hour and did not know what to tell my family" is specific and human. It is the moment the room trusts you most.

0:58
Concrete numbers people can picture
"Ten pages a day, more than three thousand pages in one year" turns a habit into something visible and doable.

0:40
Calm, clear, note-free delivery
You speak without notes in a steady, clear voice with only one filler, which makes you sound prepared and credible.

Replay these two moments

2:05
Best moment
The job-loss story is the only moment where your voice slows, the room stays still and the message becomes personal.

2:55
Weakest moment
"Honestly, most of you are lazy" turns the audience from listeners into defendants seconds before your call to action.

Want to fix this faster? Saurabh Jain can show you exactly how in a short personal session. WhatsApp +91 97999 96500

BIGGEST GAINS FOR THE LEAST EFFORT

Fix these 3 first

PRINCIPLE The Pareto principle: about 20% of causes drive 80% of results, which is why these 3 fixes carry most of your gain.

1 Open with the story, not a greeting

0:00

WHY IT COSTS YOU

The first ten seconds decide whether a room of 200 students listens. "Umm good morning, today I will talk about" spends them on nothing.

THE FIX

Start with your strongest moment: "Five years ago I sat in my car for an hour and did not know what to tell my family." Pause two seconds. Then: "That night I changed one small thing."

PRACTISE

Record the new opening five times. Check that there is no "umm" and that you pause for a full two seconds after "my family".

2 Three habits and one ask

3:05

WHY IT COSTS YOU

Five habits and four asks feel like a pile, so listeners remember none. One clear action is far more likely to be taken.

THE FIX

Group the habits as WIN: Wake and move, Improve your mind (read and journal), Network. End with one ask: Tonight, set your alarm 30 minutes earlier. Move Instagram and the program to a slide or a QR code.

PRACTISE

Say the WIN close in under 20 seconds, three times, with one hand counting W, I and N.

3 Respect the room at the hardest moment

2:55

WHY IT COSTS YOU

"Most of you are lazy" breaks the warmth your story built, and people stop listening to the person who judges them.

THE FIX

Replace it with carefrontation: I know your days are full. What I respect is that you came here to change something. Can we agree on one small step?

PRACTISE

Say the new line with a soft voice and an open palm, then pause for two seconds before the close.

MEASURED FROM YOUR RECORDING

Voice and presence

WORLD RECORD Your coach Saurabh Jain spoke 30 hours non-stop, one of his 10 World Records. A voice is a muscle: it is trained, not gifted.



101 wpm · ideal 130 to 160

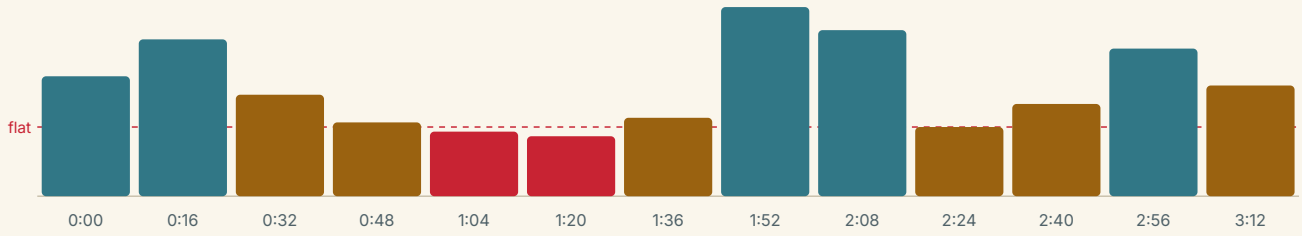
Your pace: 101 words per minute. Most listeners are comfortable between 130 and 160; slow down for stories and pick up for lists and energy.

PACE	VOICE VARIETY	VOLUME VARIETY
101	Moderate	Flat
words per minute · ideal 130 to 160	how much your voice rises and falls	loudness changes for emphasis

PAUSES	LONG PAUSES	AUDIENCE QUESTIONS
24	0	1
per minute	of 2 seconds or more	questions asked

Where your voice went flat

Red bars are parts that sound flat to the audience; teal bars are lively.

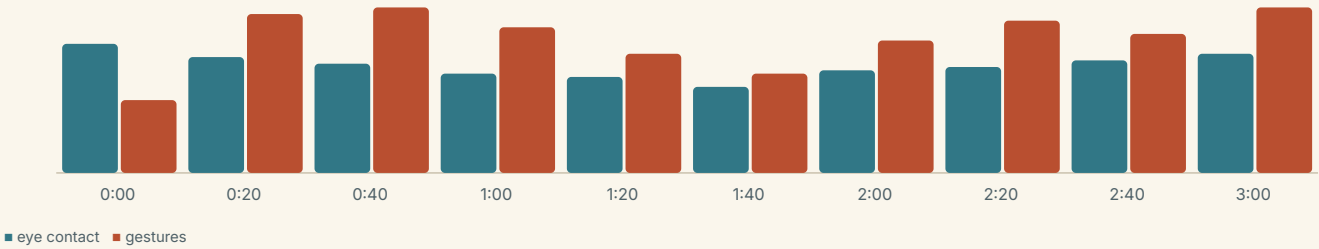


Your body language, measured

EYE CONTACT	LOOKING DOWN	SMILE	GESTURES
64%	18%	34%	41%
facing the audience	notes, phone, floor	approx.	hands speaking

HANDS VISIBLE	FACE TOUCHES	SWAYING	MOVEMENT
92%	3	14%	Purposeful
	0.9 per min	of the talk	3 moves

Eye contact and gestures over time



WHAT YOUR AUDIENCE SEES BEFORE THEY HEAR A WORD

Your body language

RESEARCH Harvard researchers Ambady & Rosenthal found 30-second silent clips of teachers predicted their end-of-term ratings: the audience judges your body before your words.

Eye contact

You face the audience about 64% of the time and scan the room well in the first minute. Your eyes drop at 1:03 and near 2:50, just before the most important lines.

Face & smile

A warm, natural smile shows at 0:12 and at the student example at 1:48. During the job-loss story your face stays neutral, which hides the feeling in your words.

Hands

Your hands are visible 92% of the time and open, but often hang low. Use them to count the habits and to bring the story close to your chest.

Posture & stance

Upright and balanced for most of the talk. At 2:40 your weight shifts to one leg during the research line, which looks less certain.

Movement

Three calm steps toward the room are good. Add one step forward at 2:05 to mark the start of the story, and stand still for the close.

Nervous habits

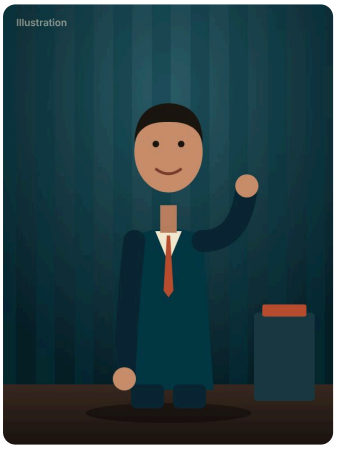
Two face touches (1:03, 1:56) and a hand in the pocket at 2:51. Swaying appears for about 14% of the talk, mostly during the list of habits.

Entry & greeting

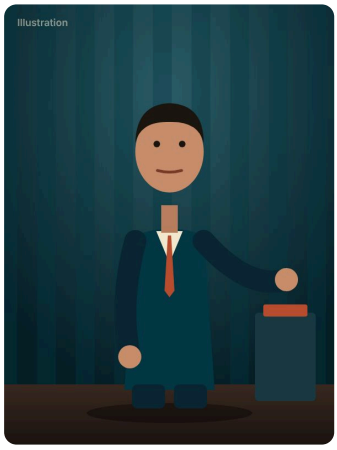
You greet the room while still walking. Plant your feet, look across the room for two seconds, then speak.

Overall presence

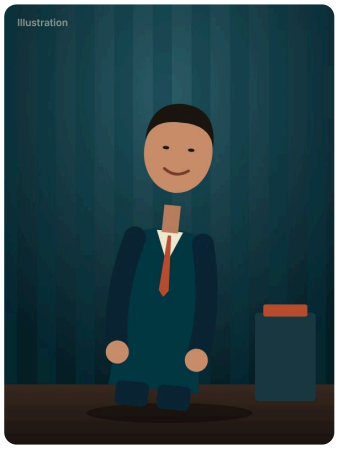
Your presence is calm and trustworthy. The next level is to match your body to the moment: still and close for the story, open and forward for the ask.



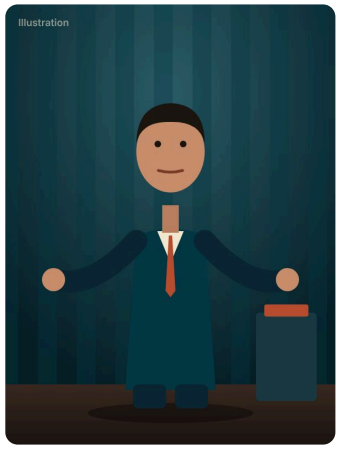
0:05



0:20



1:03



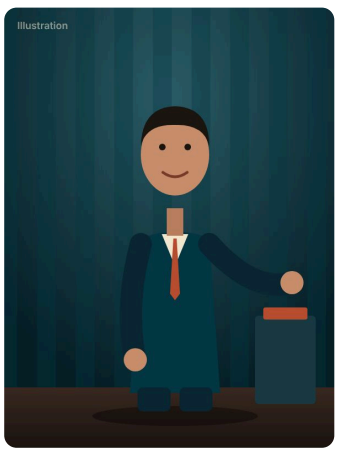
1:20



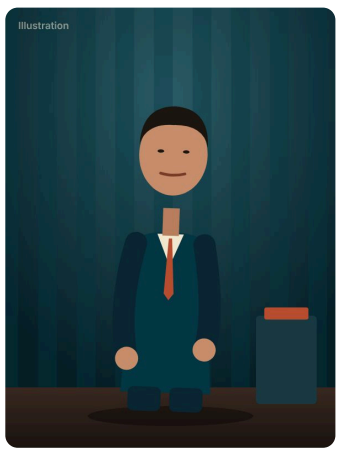
1:56



2:10



2:40



2:51

SCORED 0 TO 10, WEIGHTED FOR MOTIVATIONAL SPEECH

Every parameter

RESEARCH John Hattie's synthesis of 800+ meta-analyses ranks feedback among the strongest drivers of learning.

PARAMETER	SCORE	WHY
Content · 29 points		
Opening hook & attention grabbing	4	You open with "Umm good morning" and an announcement, so the first ten seconds give the room no reason to lean in. The Gandhi quote at 0:12 is a stronger start than the one you used. 0:00 "Umm good morning everyone. Today I will talk about success"
Content quality & message clarity	6	The message is simple and practical, and every habit comes with a number. It gets diluted by a second idea (service to others) and a second research claim. 0:40 to 1:48 five habits, each with one detail
Structure & logical flow	6	The five habits follow a clear first-to-fifth order. There is no signpost between the list and the personal story, so the story feels like a new talk. 2:05 "Let me tell you something personal" arrives with no bridge
Word selection & powerful language	6	Concrete words such as "ten pages a day" and "one quiet hour" are strong. "Lazy" and "honestly" at 2:55 weaken the respect you built. 0:58 "Just ten pages a day" / 2:55 "most of you are lazy"
Storytelling & real-life examples	7	The job-loss story is honest and specific: the car, the hour, the family. It comes too late and you rush the turning point.
Conclusion & call to action	4	The close repeats all five habits and then adds three self-promoting asks, so no single action stays with the audience. 3:05 "Follow me on Instagram, share this talk, and join my program"
Voice · 24 points		
Voice quality & depth	6	Your voice is clear, warm and easy to listen to, with a medium depth that is not yet resonant on key lines. Steady tone from 0:00 to 3:12
Voice energy, modulation & emotion	5	Pitch moves a little, but volume stays almost flat, so the story and the statistics sound the same. Energy does not rise for the close. Measured volume variety: flat; 2:05 story at the same level as 0:40
Pace, rhythm & pause management	5	Your pace of about 100 words a minute is calm, but the pauses are short and evenly spread, so key lines get no extra silence. 24 short pauses a minute; no pause after 2:22 "my life changed"
Pronunciation & articulation	7	Words are clear and easy to follow. A few word endings drop when you speed up in the list of habits. 1:15 "exercise" and 1:32 "journaling" are clipped
Fillers, fumbling & fluency	6	Only one "umm", at the very start, and the talk flows. One restart at 2:55 ("I know what you are thinking. You will say") breaks the rhythm. 0:00 "Umm" / 2:55 restart
Presence · 30 points		
Eye contact with the audience	6	You face the room about two-thirds of the time, but look down at 1:03 and again around 2:50, exactly when you need the audience most. Measured: facing the audience 64%, looking down 18%
Facial expressions & smile	6	A natural smile appears in the opening and at the student example, but your face stays neutral during the job-loss story. Measured smile 34%; 2:05 to 2:30 neutral
Hand gestures	6	Your hands are visible and open for most of the talk, but they hang low and do not count the five habits. Measured gestures 41%, hands low 27%
Posture & stance	6	You stand upright with an even stance most of the time. Your weight shifts to one leg during the research lines. 2:40 weight on one leg
Stage movement & use of space	6	You take three purposeful steps toward the room, which is good. Movement does not mark the change from the habits to the story. 3 movements, none at 2:05
Nervous habits: fidgeting, self-touch, swaying	6	Mostly calm, with two face touches and a little swaying while listing habits. Measured: 3 self-touches (1:03, 1:56, 2:51), sway 14%
Open body language	6	Your body is open and facing the room, but your hand goes into your pocket near the end, which closes you off just before the ask. 2:51 hand in pocket
Body matches words & emotion	5	Your body is calm when the words are about change and urgency. The ask "start tomorrow" needs forward energy that the body does not show. 3:05 "So start tomorrow" with a still body
Physical energy & presence	5	Physical energy is steady but low; there is no lift for the story or the close. Gestures fall from 52% in the first minute to 30% in the last
Entry, walk & greeting (handshake if seen)	6	You walk in calmly and greet the room, but start talking before you plant your feet and look up. 0:00 greeting while still walking
Impact · 17 points		
Audience engagement & interaction	4	There is one rhetorical "Why?" at 0:25 and no real question, show of hands or moment for the audience to respond. 0:25 "Why?" answered by you immediately
Emotional connection & empathy	6	The job-loss story creates real feeling, but the line "most of you are lazy" turns warmth into judgement just before the close. 2:05 story / 2:55 "most of you are lazy"
Persuasion & inspirational influence	5	The habits are believable and the student example is good social proof, but there is no clear reason to act now and too many asks. 1:48 "all three got promoted" / 3:05 four asks
Confidence & authenticity	6	You never hedge and you speak without notes, which reads as confident. The voice softens and speeds up in the story, where confidence matters most. 2:05 to 2:30 faster, quieter delivery

HOW YOUR SPEECH IS BUILT

Coach's deep review

HISTORY 2,300 years ago Aristotle's Rhetoric named logos, ethos and pathos; every great speech since has stood on them.

PERSUASION

Five dimensions: logos, ethos, pathos

Logos · content	Ethos · content	Pathos · content	Ethos · delivery	Pathos · delivery
6/10	**5**/10	**7**/10	**6**/10	**5**/10
Each habit has a number and a benefit; one statistic has no source.	Your story proves you have lived it, but your training record is never stated.	The job-loss story is moving and specific.	Calm, note-free and steady, but eyes drop at key lines.	The face and voice stay neutral during the story.

Structure & framework

Used: A loose list: greeting, quote, statistic, five habits, personal story, research line, four asks.

Best fit: Problem, Solution, Implementation, Call to action. Your job loss is the problem, your habits are the solution, the 7-day start is the implementation and one alarm is the call to action.

PROBLEM	SOLUTION	IMPLEMENTATION	CALL TO ACTION
the night you lost your job	three habits as WIN	one habit for 7 days	set your alarm 30 minutes earlier tonight

Your opening

Greeting and announcement. It wasted the first ten seconds; the quote and the story are both stronger openings than the greeting.

Personal story: "Five years ago I sat in my car for an hour and did not know what to tell my family."

Thought-provoking question: "How many days did your last New Year resolution last?"

Rule of three & acronym

Five habits, two research claims and four asks. Keep three habits (WIN), one claim and one ask.

W	I	N
Wake and move	Improve your mind	Network

Context & audience need

You never say why this matters to college students now, for example the first job, the first salary or the first failure.

Students need one habit they can start in a hostel or at home without money or extra time, and permission to fail and restart.

Knowledge & conviction

Knowledge 6/10: Practical tips with concrete numbers, but one unsourced statistic and one generic "research says".

Conviction 7/10: You clearly live these habits; the story proves it. Conviction dips when you rush the turning point at 2:22.

Curiosity & a leading question

The story creates real curiosity, but it arrives at 2:05; the first two minutes are predictable advice.

Ask: "What would you tell your family if today was the day you lost everything?"

Speech elements & humour

Used: a quote, a statistic, a list, social proof and a personal story. Missing: any moment where the audience answers or acts.

Show of hands: at 0:25, "Hands up if your New Year resolution lasted past February."

Prop: hold up your phone with the alarm set 30 minutes earlier as you close.

Self-assessment quiz: "Rate your mornings from 1 to 5" at 0:40, before the habits.

Humour fits this room. One light line works at 0:40: "I am not a morning person; I just trained my alarm better than my alarm trained me."

Emotion & expression

The talk needs hope and courage. Your story has both, but the face and voice stay neutral, and "lazy" adds irritation instead.

Let your face show the sadness of the car at 2:05, then a small, real smile at "my life changed".

Voice depth

Medium depth, clear and warm, not yet resonant on the key lines.

Belly breathing for 4 counts, hum for 6 counts, then say "That night I changed one thing" from the chest, three times.

Clarity, signature style & brand

Clear words and short sentences; the message gets crowded by two ideas and too many asks.

Your calm, story-first honesty could become your signature: one true moment, one lesson, one step.

"The one-habit coach": the speaker who turns a hard moment into one small daily step.

Anchoring, one big idea & pile check

The habits are said once and repeated only as a fast list at the end. Repeat "WIN" after each habit and once more before the ask.

Two ideas compete: serve others (the Gandhi quote) and build habits. Keep one: small daily habits rebuild your life.

Five habits, two research claims and four asks in three minutes is a pile. Drop the second research line and three of the asks.

Flow, heart first & reverse statement

Good start energy in the first minute, a flat middle through the list, a lift in the story, then a drop into a rushed list of asks. Finish with your highest energy, not your fastest list.

Logic came first (quote, statistic, list) and the heart came last. Logic only works when people already feel good about you, so open with the car.

Reverse statement: "Wake up so early that your alarm asks you for a day off."

WHAT TURNS LISTENERS INTO BELIEVERS

Connection with your audience

WORLD RECORD Saurabh Jain's 30-hour non-stop speech proves engagement is a skill: interaction, stories and humour keep a room alive for hours, not minutes.

Audience engagement



The talk is one-way: one rhetorical question, no hands-up, no pair share and no moment to respond.

1. At 0:25 ask "Hands up if your resolution lasted past February"
2. After the third habit ask them to tell a neighbour one habit they will start
3. At 2:30 ask "What would you do in my shoes?" and wait for two answers

Reputation & emotional connection



The story creates a real bond, but the judging line at 2:55 and the self-promoting asks weaken it before the close.

Your honesty builds credibility; "lazy" and "follow me" make the talk feel about you. Close by asking for their story, not your follower count, and your reputation grows with every talk.

Integrity STRONG an honest, unpolished personal story
Generosity BUILDING tips are useful but general
Warmth BUILDING warm early, cold at 2:55
Consistency STRONG you clearly live the habits you teach
Distinctiveness WEAK the habits are the usual list
Follow-through WEAK no single next step to act on

Your "Dil Chahta Hai" moment

Your most heartfelt moment is "I did not know what to tell my family" at 2:10. Slow down, put a hand on your chest and let the voice drop there.

Speaking to involve, not just to be heard

Most lines are "I wake up, I read, I write". Turn "Follow me on Instagram" into "Let us check in with each other in seven days", and "you must" into "we can".

Verbal highlights & cadence

The voice is mostly even. Use a soft, low voice in the car, an assertive voice for "start tomorrow", and point, push and hug in the close: challenge them, then show you care.

The pregnant pause

Pauses are short and evenly spread. Give a full two-second pause after "did not know what to tell my family" (2:10) and after "my life changed" (2:30).

Reading the room

With 200 students, watch for phones coming out during the list at 1:15. When energy drops, ask a quick hands-up question instead of adding another habit.

Carefrontation, not confrontation

"Most of you are lazy" at 2:55 is confrontation. Use carefrontation: "What I appreciate about you is that you showed up. I need your support in trying one habit. Can we make a new agreement for the next 7 days?"

TRUST, PERSUASION TRIGGERS AND FRAMING

Influence & trust

RESEARCH Harvard psychologist Ellen Langer (1978): adding a reason with "because" raised agreement to a small request from 60% to 94%.

The trust model

Credibility + Reliability + Intimacy ÷ Self-focus = Trust



Believable and honest, but the talk is largely about you and the credibility line never comes.

Credibility: You never say why you can teach this. Add one humble line in the first minute: "I have coached students for ten years, and I failed before I learned this."

Common ground: The car story is your bridge to the room. Add the mistake you made and the lesson, so students see themselves in you.

Audience focus: About two-thirds of the lines are about you. Rewrite "I wake up at five" as "Imagine what one quiet hour could do for your exams."

Framing that persuades

Yes-yes questions

Open with "Who here wants more time? Who wants less stress?" Two easy yeses before the first habit.

The power of "because"

"Wake up early" has no reason. Say "Wake up 30 minutes earlier, because the first quiet hour decides the next sixteen."

Metaphor & sticky insight

"Habits are compound interest for your mind: small deposits every day, huge returns by the end of the year."

Contrast anchoring

Start with "Most success courses ask for three hours a day." Then your ten minutes feels easy and valuable.

Persuasion triggers (Cialdini)



Teal segments: triggers you used. Light: easy wins to add.

Reciprocation — ADD

Give one tip they can use tonight before any ask, at 0:40: "Put your phone in another room before you sleep."

Commitment & consistency — ADD

At 0:30 ask "Raise your hand if you want one calm hour a day." The close then becomes a small step they already agreed to.

Social proof — USED

1:48 "Three of my students started meeting one new person every week, and within a year all three got promoted."

Scarcity & urgency — ADD

"The best day to start is tomorrow, while today's decision is still fresh." Real urgency, never false.

Liking & approachability — USED

a warm, approachable tone and an honest story make you likeable in the first minute.

Authority & reliability — ADD

You announced five habits and delivered them, but never showed your expertise. State one result from your coaching.

Freedom to decide — ADD

End with "You are free to try it or not. If you do, start with one habit."

SEEN, NOT SEEN, OR CANNOT TELL FROM THIS RECORDING

Common mistakes checklist

BEFORE & AFTER Demosthenes stammered as a young man; he practised with pebbles in his mouth and became the greatest orator of ancient Athens.



13 seen · **15** not seen · **1** can't tell from this recording

- ✗ Saying "umm", "aa" or other fillers
  0:00 · One "umm" in the very first word, then none.
- ✓ Awkwardly long pauses
- ✓ Forgetting what comes next
- – Smacking the lips
- ✓ Reading from paper, notes or slides
- ✗ Not knowing what to do with the hands
  0:40 · Hands hang low through the list of habits.
- ✓ Skipping around points, not following the outline
- ✗ No clear transitions between sections
  2:05 · The story begins with no bridge from the habits.
- ✓ Not speaking clearly
- ✓ Not speaking loud enough
- ✓ Over-explaining a simple point
- ✗ Predictable content or delivery (no curiosity)
  0:40 · The five habits are a familiar list with no surprise.
- ✗ More than 3 key points or calls to action
  3:05 · Four calls to action in the close.
- ✓ Too much content overall, talk runs too long
- ✓ Too little content, talk feels too short
- ✗ Inaccurate references (facts, quotes, data)
  0:12 · The quote and the 80% figure are given without a source.
- ✓ Trying to be funny at the wrong moment
- ✓ Long eye contact with only one person
- ✓ Pacing too much on stage
- ✓ Losing control of emotions (e.g. crying uncontrollably)
- ✗ Good start, then lost energy or flow in the middle (petering out)
  1:15 · Energy flattens through the middle of the list.
- ✗ Powerful start but a weak closing
  3:05 · A rushed list of habits and asks instead of one strong line.
- ✓ Deviating from the topic (one story leads to another)
- ✗ Piling stories, data or jokes onto one point
  2:40 · A second research claim piled on after the story.
- ✗ No pause after key points to let them sink in
  2:22 · No pause after "my life changed".
- ✗ Lecturing or dictating instead of a dialogue
  2:55 · "So start tomorrow" after calling the room lazy sounds like an order.
- ✓ Praise followed by "but", which cancels the praise
- ✗ "I am right, you are wrong" tone
  2:55 · "Honestly, most of you are lazy."
- ✗ Fumbling: false starts, repeated words, broken sentences
  2:55 · A restart: "I know what you are thinking. You will say".

Fact check of what you said

- ? Gandhi said "the best way to find yourself is to lose yourself in the service of others"
  Widely attributed to Mahatma Gandhi, but the exact words are not confirmed in his collected writings. Say "often attributed to Gandhi".
- ? 80 percent of people give up their New Year resolutions by February
  A popular figure; sources and numbers vary. Name the source or say "most people".
- ✓ Ten pages a day is more than three thousand pages a year, about fifteen books
  10 × 365 = 3,650 pages, roughly 12 to 15 average books.
- ? Research says people who plan their day are more successful
  No study is named. Cite one or say "many people find".

SAY IT BETTER, THEN PRACTISE

Your next 7 days

RESEARCH UCL research (Lally, 2009) found a new habit takes about 66 days to become automatic; these 7 days are the start, so keep going.

OPENING

WHAT YOU SAID



Umm good morning everyone. Today I will talk about success, and how five small habits can change your life. Mahatma Gandhi said,...

SAY IT LIKE THIS



Five years ago I sat in my car for an hour and did not know what to tell my family. (pause) I had just lost my first job. That night I changed one small thing, and it changed everything. Today I will give you that one thing, and two more.

CLOSING

WHAT YOU SAID



...tomorrow. Wake up early, read, exercise, write a journal and network. Follow me on Instagram, share this talk, and join my program. Thank you.

SAY IT LIKE THIS



So remember WIN: Wake and move, Improve your mind, Network. You do not need all three tomorrow. (pause) Tonight, set your alarm 30 minutes earlier, because the first quiet hour decides the next sixteen. You are free to try it or not. If you do, tell me in seven days what changed.

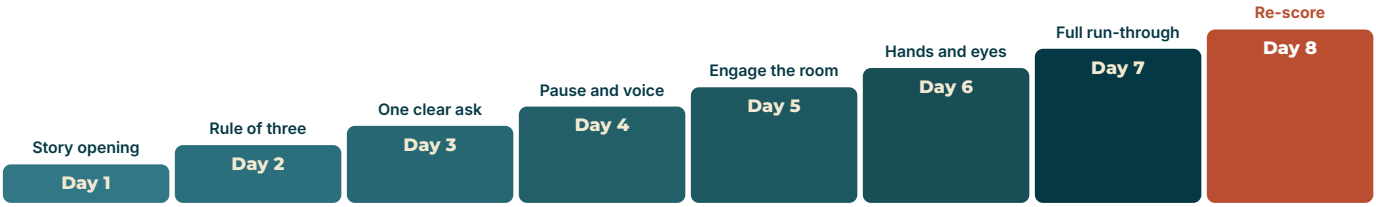
What it costs if nothing changes

Career & Money
Talks that start slowly and end with many asks are easy to forget, so you may book fewer sessions, gain fewer clients and lose referrals you have already earned on stage.

Relationships
Listeners who feel judged nod politely and leave; the trust and community you want to build around your message grows slowly.

Health & Mind
Giving good advice that nobody acts on is discouraging and can quietly drain the energy and confidence you bring to every new stage.

Your 7-day practice plan · 10 minutes a day



DAY 1	**Story opening**	Write your job-loss story in four lines. Say it into your phone five times with a two-second pause after "my family".
DAY 2	**Rule of three**	Group your five habits into WIN. Say each in one sentence with a reason that starts with "because".
DAY 3	**One clear ask**	Write ten possible closing asks, choose one, and say the WIN close in under 20 seconds.
DAY 4	**Pause and voice**	Read the story aloud: soft and slow for the car, firm for "that night I changed one thing". Pause two full seconds after each.
DAY 5	**Engage the room**	Add two questions: "Hands up if you snoozed your alarm today" and "What would you do in my shoes?" Practise waiting for answers.
DAY 6	**Hands and eyes**	Record yourself counting W, I and N on your fingers, with eyes up on every key line. Watch it with the sound off.
DAY 7	**Full run-through**	Record the full talk with the new opening, three habits and one ask. Upload it again and compare your score.
DAY 8	**Record again**	Upload at enactrax.com/speak-score and watch your score move.

EnactraX
RISE WITH CONFIDENCE

CHALLENGE. CHANGE.
RISE WITH CONFIDENCE.

WANT TO LEARN MORE?

Contact EnactraX

> You already have the hardest thing to teach: a true story told with a calm, clear voice. Now lead with that story, give the room three habits and one ask, and treat every listener with respect, even when you challenge them. Guided practice with feedback will speed this up, because it is hard to see your own pauses and gestures without someone pointing them out.

Your focus area: **Story-first opening, three habits and one clear ask**



Saurabh Jain

Founder & Chief Trainer, EnactraX · The 1% Coach

- 10 World Records · 30-hour non-stop speech
- 200+ Awards · 23+ Years of training
- 40,000+ study hours · 1500+ self-help books mastered
- Expertise in 41 domains

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Don't just learn it. Enact it.