

GETTING STARTED

THE  
HEARING  
WORKOUT

TRAINING SKILLS

WHY

TUNE-UP  
BRAIN  
CONNECTIONS

STRENGTHEN  
LISTENING  
SKILLS

DETAILS

10 MINUTE  
DAILY  
WORKOUTS

CONSISTENCY  
MATTERS

SUCCESS

STRONGER  
SOCIAL  
CONFIDENCE

EASIER  
CONVERSATION

NOISE  
FILTERING

STRENGTHEN  
FOCUS

BETTER  
HEARING IN  
NOISE

AUDITORY  
MEMORY

IMPROVE  
CONCENTRATION

EASIER WORD  
RETRIEVAL

SOUND  
CLUES

STRENGTHEN  
EAR-TO-BRAIN  
PATHWAYS

BETTER  
FOCUS

# DAILY PLAN

# #1

# THE HEARING WORKOUT

## DAY 01

(NF) 1. Turn on nearby music low.  
2. Listen to weather report. Focus to understand weather report.

(ID) Identify first sound you hear: name it /describe it: fast/slow, constant /intermittent; high pitch/low; it's use?

## DAY 02

(AM) Turn on the TV. What is the first name spoken? Last? Do this with several TV shows.

(NF) 1. Listen to news comfortable volume. Play and focus on voicemail @ normal volume. Repeat with more voicemails.

## DAY 03

(ID) Listen to entire commercial. How many total questions did you hear?

(AM) Tap out the rhythm of "Rudolph the Red-Nosed Reindeer" on a pan. Try another song.

## DAY 04

(NF) Watch news at comfortable volume.  
2. Turn on talk radio at low volume. Focus on news.

(AM) Repeat 1 pre-recorded sequences each of fruits, animals, and colors.

## DAY 05

(ID) Say "Go get your mail." Change the intonation to make it a question, sarcastic, a demand. Try more short sentences & repeat.

(NF) Listen to talk radio/podcast at comfortable volume.  
2. Add music @ low volume. Focus on talking.

## DAY 06

(AM) Listen to entire commercial. How many times was product name mentioned?

(ID) Identify 1 sound outside on the ground: name it; track it; imagine it's color and purpose

# WORKOUT GUIDE

## THE HEARING WORKOUT

**YOU WILL NEED: ~TV, ~LAPTOP, ~TALK RADIO,  
~AUDIOBOOK OR PODCAST, ~PHONE, ~INTERNET**

**PRIOR to beginning**, you will need to send a few voicemails to yourself to use later with workout as follows:

- a. Record yourself saying 4 sequences each of 7 - 10 random digits
- b. Record yourself saying 4 sequences each of 7 - 10 each of random colors, animals, fruits

**(NF) Noise Filtering:** trains your brain to focus on one voice when there are distractions. Strengthen listening and focus skills.

Beginner: 1. Turn 1 device on at a comfortable volume to focus on.  
2. Turn the 2nd device (interference) on low while you can still comfortably hear 1st device. Listen to 1st device. Do this for 5 minutes. *Verify what you heard.*

Advanced: 1. gradually increase the volume of interference device to same volume or louder; 2. add a 2nd or 3rd device with varying volumes.

**(AM) Auditory Memory:** helps retain/recall missing pieces of information under difficult conditions. Do this task with your eyes closed for 5 minutes.

Beginner: Repeat random recorded sequences. *Verify what you heard.*

Advanced: 1. Gradually increase the sequence length or difficulty.  
2. repeat sequence in reverse order

**(SC) Sound Clues:** tones pathways between the ear / brain by identifying, analyzing and locating sounds.

1. Listen with your eyes closed. Identify only one sound that you hear. What is it? Where is it? High/low. Right/left? Intermittent? Moving? Track it. What does it do? Do this for 5 minutes. Add 2 or more sounds to identify and track separately.

2. Intonation, Rhythm, Accent, Tone clues you in to key words in a sentence that helps with understanding. Listen to a sentence. Change the accent word or tone to turn it into a question, demand, or sarcasm.