

Diagnosing Your Inputs Worksheet

Instructions: The worksheet is designed to help you gauge the quality of the various vocabulary influences in your life. This will make you better aware of any pressing vocabulary deficiencies. Use the empty spaces provided (*on page 3*) to record any instance of language you interact with for more than **10 minutes** each day. This includes language absorbed through hearing (music, radio) and sight (news, tweets, books). Use the **articulation key** table below to rate each language input on a **scale from 1 to 10** based on how well-spoken you consider each source to be.

It should be noted that the quality of a given language source will not always be constant. Not everyone speaks poorly all the time, nor do great orators always communicate with grace and eloquence. Many profound statements can be shrouded in shoddy and imprecise language. Conversely, powerful expressions delivered unenthusiastically can be stripped of their profundity. The sample sentences provided do not measure the intelligence of a thought, merely how articulate it is in composition. Don't focus too heavily on the content of a source's language. Your rating is simply meant to be an estimate of a source's language average level of articulation.

If in debate between two ratings, assume the higher rating. Although the table includes samples of spoken language, use them to weigh the quality of language you also see and hear (For instance, an article you read from the *New York Times* would be similar to the sample sentence for #7).

Rank	Description	Sample Sentence
1 - Poor	Speaker employs vulgar language, uses many filler words like commas, excessively abandons sentences, thoughts are disorderly, and relies heavily on vague words	<i>"Things are like super f*****d up right now. So much, like, sh*t in my life recently. Uh, I don't know what I haveta do, you know? Like you know what I mean? I can't like just keep my sh*t together."</i>
2 - Very Weak	Speaker relies heavily on filler words, uses vapid vocabulary, each sentence employs empty language, rarely creates intelligent word combinations	<i>"Yeah, uh...that dude isn't super...um...good at that sport. I don't know man, I feel like he...uh...just needs more practice and stuff."</i>

3 - Weak	Speaker uses vague descriptors, fillers in every sentence, bland words, and over relies on pop cultural slang	<i>"Um, I guess that's all right. I mean, well, if...uh...you wanna call him now that would probably be a lit idea. Not gonna lie, this is really awkward."</i>
4 - Decent	Speaker is often uncertain with their words and frequently rephrases sentences, uses clichés, buffers speech with fillers, and employs a wide range of common words and phrases	<i>"Uh, so, then we just got welcomed with open arms and it was amazing. The tribe kinda felt like family to us. You know, we sorta felt like we had known everyone there our entire lives."</i>
5 - Average	Speaker possesses moderate clarity in speech, uses repetition of words to build upon their stream of thought, and employs mostly common words	<i>"If you allow that, if you allow the problem to persist...uh...you're going to end up having to face it later on. You know what I mean?"</i>
6 - Good	Speaker has a clear train of thought, utilizes a descriptive vocabulary, employs few fillers, speaks in fully formed sentences, has intention behind most sentences, and is able to show self-awareness with their speaking	<i>"I very well may consider taking you up on that invitation. I always enjoy thrilling adventures and skydiving seems like a lot of fun. It also does sound slightly terrifying, but I'm willing to give it a go."</i>
7 - Very Good	Speaker's thoughts are mature, uses precise speech, possesses a robust vocabulary, employs creative descriptions and clever uses of figurative language devices like <i>alliteration</i> and <i>assonance</i>	<i>"They are the type of people who feel disillusioned with the economy, concerned with the ecology. They highlight issues that are very sad and difficult to contend with."</i>
8 - Excellent	Speaker uses words with distinct meaning, speaks with clarity and authenticity, can simplify complex ideas, and asks poignant questions to increase clarity of their communication	<i>"As a consequence of sacrificing our philosophical and spiritual beliefs, the quest for meaning has become more paramount for the modern person. You might then ask, what particular sacrifices do I mean?"</i>

9 - Outstanding	Speaker integrates figurative language masterfully into their speech, uses vivid and poetic imagery, speaks authentically, and understands the value of simplicity	<i>"The eyes of the world now look into space, to the moon and to the planets beyond, and we have vowed that we shall not see it governed by a hostile flag of conquest, but by a banner of freedom and peace."</i>
10 - Powerful	Speaker's sentences are profound and purposeful, words are masterfully used to sway hearts and minds, use of rhythm and repetition is remarkable, and there is depth to their rhetoric	<i>"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality. I believe that unarmed truth and unconditional love will have the final word."</i>

Vocabulary Inputs: Use the spaces below to outline inputs of language in your life and rank them (1 to 10) using the articulation key above.

Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____
Input: _____	Rating: _____	Input: _____	Rating: _____

Once you have recorded the vocabulary inputs in your daily activities, see the List of Clean Verbal Signals to help offset any low ratings.