Hi, Greg.

These are good questions and I’ll answer them in red.  
Was I right performing a personal routine, by own method of getting ready in the morning (eg, cleaning my glasses, putting creams on my feet for excma), or should I do the routine very plainly, only involving aspects which everyone does? It doesn’t much matter. The important thing is that you are a person struggling to perform a normal routine while under psychological stress.  
  
Secondly, should each section of my monologue still be acted with a different tone of voice or at the same level? Do I need to create a rhythm in the monologue or does that come about through the actions live? Think of the monologue as having different moods and attitudes.   
  
And do you think it would be an idea if I paused from exhaustion less in the piece , and just tried to get on with the activity. Perhaps, not at all after the start of the monologue, just completing an activity. Your ability to perform the tasks will vary. Sometimes, your mood will make you feel as if your body is heavy and tired. At other times you might feel is if you are determined not to let this thing beat you and you perform the tasks with detail and precision. At still other times, you might be overcome depression and see no point in anything that you are doing. Sometimes you will listen to and agree with your voice in your head and at others you will attempt to ignore it. There should only be pauses where pauses are natural. For instance, where something you are hearing is particularly important, you might stop to listen to it. The same thing might happen after a particularly emotional passage.  
  
And, maybe a lesser gap, or none at all I'm thinking at the end of the monologue. When the thoughts get quite intense, and the time spent stating the emotions become shorter maybe not take a pause?-in  the conclusion of the monologue talking about the loss of love and life. I'm thinking I wouldn't  have time to digest the information as the thoughts are coming too quick. That makes ssense.

Has it  got the makings of a good solo performance? It does.

Last thought before Monday- instead of buying or using a mirror prop, use the audience as a mirror. This portrays the notion that we all look at the reflection of ourselves and sometimes don't see quite what we want to (the inner self) a lot more than a real mirror would. The mirror seems a good idea. I can’t imagine how looking at the audience would communicate to it that it is a mirror of the character.

Best wishes,

Donald.