

Speech Idea worksheet

Your stories are interesting! You have a unique perspective on events, because YOU were involved. Storytelling is an easy way to hold your audience's attention, because we want to know what happened next. Use this worksheet to narrow your focus for speech ideas.

Go through each of these questions in 10 seconds each. Write down the first thing that pops in your head. If you can't think of anything, just skip to the next one after 10 seconds. Next, go back to the ones for which you had written something. Spend another 30 seconds on these, writing down other people who were involved. After that, pick 5, and spend 1 minute on each one, writing down the setting and scenery. Voila...you now have 5 new speech topics!

- 1) The most exciting thing I ever did
- 2) The best friend I ever had
- 3) The meanest prank I ever played
- 4) The greatest help I ever received
- 5) My favorite motto and what it means to me
- 6) I was jilted
- 7) The biggest surprise of my life
- 8) I learned a lesson the hard way
- 9) My favorite toy and why
- 10) I won a medal because...
- 11) My greatest disappointment
- 12) The most exciting sports event I ever watched
- 13) The best book I ever read
- 14) My first car was...
- 15) My first date
- 16) The thrill of riding my first bicycle
- 17) A lesson my children taught me
- 18) My wedding
- 19) The most humorous thing my child said or did
- 20) I'm proud of my mother or father because...
- 21) I made an enemy
- 22) I got a speeding ticket
- 23) The smartest "mistake" I ever made

- 24) An incident that convinced me honesty is the best policy
- 25) Some place I have visited
- 26) Some place I want to visit
- 27) My family tree has some nuts
- 28) My volunteer work
- 29) I collect...
- 30) Family traditions
- 31) My favorite grade school teacher
- 32) My favorite pet
- 33) Something I'd like to learn about
- 34) Something I'm an expert at
- 35) My hobbies are...
- 36) Some interesting people I have known
- 37) A dinner I will always remember
- 38) I never felt more lonely in my life
- 39) The most stupid thing I ever did
- 40) How one idea increased my happiness
- 41) I was patient and it paid off
- 42) What I learned by talking to a stranger
- 43) My favorite speaker and why
- 44) The pleasure I got from praising a friend, coworker...
- 45) My hero/heroine
- 46) The excitement of receiving my diploma
- 47) My boss was good to me
- 48) My favorite movie and why
- 49) My favorite play/opera
- 50) The mental and emotional impact Toastmasters has had on me