

## The First Step Is the Hardest but Do It Anyway Worksheet

If you read the first part of the post, passion and knowledge of your subject is a huge contributor of your confidence as a public speaker.

Think about it.

You're much more eager to talk about something you genuinely enjoy doing rather than something you're forced to.

Plus, the flow of ideas will come out naturally to you.

With that said,

I want you to think about something you would like to talk about for your next presentation.

Whether it's for university, your business, or a speaking gig, talk about something you have enough knowledge in.

- I. List Down 5 topics you have passion and knowledge for

<b>TOPIC 1</b>	
<b>TOPIC 2</b>	
<b>TOPIC 3</b>	
<b>TOPIC 4</b>	
<b>TOPIC 5</b>	

- II. If you were to talk about only three topics for the rest of your life, what would they be.

<b>TOPIC 1</b>	
<b>TOPIC 2</b>	
<b>TOPIC 3</b>	

III. Make an outline for all three of these topics

<b>TOPIC 1</b>	<b>TOPIC 2</b>	<b>TOPIC 3</b>
Outline:	Outline:	Outline:

IV. Which one topic did you enjoy making an outline for the most?

V. Choose that topic.

VI. Narrow it down even more with details of the outline

<b>TOPIC:</b>
Outline:

VII. Familiarize yourself with it

VIII. Don't waste the efforts you've made. Seek Out Your Speaking Opportunity

Of course, I have to lead by example, so I'll show you a summary of what I did for one of my requirements in my college.

Not only did we have to come up with a research paper topic, we had to present it too. About 40% of the grade would come from the delivery and mastery of the presentation, so I had to practice.

But I chose a topic that I was well-versed in and had relevance to me, so it went smoothly and I think it was one of the best presentations I have done in my life.

My topic was about How Plastic Contributes Greatly to Environmental Pollution. I

I presented it in story form.

Started with the problem and what's currently happening with the environment, and specific actions that we can take to reduce pollution by finding alternatives to plastic.

This is not solely for students. Whether you're still in school, in sales, or an executive in your company, have a reason for why you are speaking.

Take initiative.

Have an idea for your next project at work? Great! Arrange right away on presenting it to your boss after crafting your outline and speech.

Want to introduce a new policy to your employees? Awesome. Do the steps above and present it to them because you care for them as employees and for the welfare of the organization.

As I've said before, public speaking is in the business of expressing our ideas to other people.

Don't take your presentations personally.

Most people only think of themselves.

So give them a reason on why they should care about your topic.

How it can benefit *them*.

When we take the pressure off from ourselves and focus on the message and its value, we are going to feel much more confident.

So I challenge you to talk about your chosen topic to an audience.

Your ideas are as important as you think they are.