

MOTIVATIONAL SPEECH OUTLINE

Feel free to use this as a template to help you take your motivational ideas and map them in a clear and coherent manner.

Our Thoughts Control Our Lives

INTRO { Have you ever considered that all your happiness—or all your misery—is a direct result of your own mind?

HOOK { Yup, even that cancer diagnosis is within your control. Of course, the cancer cells themselves are not within your control, but your reaction to them is. Where will you let your mind wander today?

BODY {

Philippians 4:8

- The Bible is the oldest (and most read) book in all the world. It says: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Habits Take 21 Days to Form

- Fake it ‘til you make it. Think thoughts of positivity for three weeks straight and see what happens.

Nothing Left to Lose

- Negative thoughts are a vortex. One leads to another, to another, to another.
- Positive thoughts are also a vortex. But, they ping pong from uplifting thought to uplifting thought.
- What do you have to lose by faking it ‘til you make it?
- Let positivity become your reality today.

CONCLUSION { Pick up a journal and make it your accountability partner. Journal three things you’re grateful for every morning. Then, focus on what is right, what is lovely. After three short weeks, see how your life looks then.