

90 SECOND SPEECH CHECKLIST

1. Get the attention and interest of your audience by choosing one the techniques below.
(10 Seconds)
 - Relate the topic to the audience
 - State the importance of your topic
 - Startle the audience
 - Arouse the curiosity of the audience
 - Question the audience
 - Begin with a quotation
 - Tell a story
2. Reveal the topic of your speech to your audience.
(10 seconds)
3. For the body of your speech, go into detail about your topic. Limit the body of your speech to 3-5 details/examples/steps.
(60 seconds)
4. Conclusion
(10 seconds)

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Speak about what you would do with a million dollars.

90 Second Speeches

Speak about what magical power you would like to have and why.

90 Second Speeches

Speak about a time when you faced a challenge and how you overcame it.

90 Second Speeches

Speak about your goals for the future. How will you achieve these goals?

90 Second Speeches

Speak about the importance of “giving back to your community”

90 Second Speeches

Speak about an adult that you admire. Share what qualities this adult has.

90 Second Speeches

Speak about the importance of time management. How do you manage your time?

90 Second Speeches

Speak about the best day of your life. Why was the best day?

90 Second Speeches

Speak about the positive influence your parent(s) have had on your life.

90 Second Speeches

Speak about a character trait that you value. Why do you value this trait?

90 Second Speeches

Speak about something that you strongly believe in.

90 Second Speeches

Speak about what college you are thinking about attending. Why?

90 Second Speeches

Speak about a career that interests you. Give details about the career.

90 Second Speeches

Speak about what your experience at school has been like.

90 Second Speeches

Speak about how you can change a problem in society.

90 Second Speeches

Speak about something that really annoys you. What are some solutions to this problem?

90 Second Speeches

Speak about your best friend. What do you admire about this person?

90 Second Speeches

Speak about a talent you have. How have you developed that talent?

90 Second Speeches

Speak about something that is difficult for you. What do you plan on doing about it?

90 Second Speeches

Speak about a current event in the news. How do you feel about it?

90 Second Speeches

Speak about the challenges of being a teenager today. Give some examples.

90 Second Speeches

Speak about which celebrity you would most like to meet. Why?

90 Second Speeches

Speak about a fashion trend that you like or dislike. Why do you like/dislike it?

90 Second Speeches

Speak about school lunches. What do you like/dislike?

90 Second Speeches

Teach the class how to do something.

90 Second Speeches

Speak about tips for presenting in front of a group.

90 Second Speeches

Speak about why a college education is important in today's world?

90 Second Speeches

Pick a controversial issue. Share your feelings about that issue.

90 Second Speeches

Speak about three things you would like to do before you die. Why?

90 Second Speeches

Speak about your greatest accomplishment. What did you learn from it?

90 Second Speeches

Speak about what you would change about your experience at school.

90 Second Speeches

If you could be any superhero, who would it be and why?

90 Second Speeches

Describe your perfect life.
How do you plan to make
this a reality?

90 Second Speeches

Talk about something that
was embarrassing at the
time, but is now just funny.

90 Second Speeches

What do you like to spend
your money on?

90 Second Speeches

What is something that you
are passionate about?

90 Second Speeches

What is one tip that you could
share that would make school
easier for a new student?

90 Second Speeches

How do you stay
organized?

90 Second Speeches

Describe the best vacation
you ever had.

90 Second Speeches

What is your idea of a
perfect vacation?

90 Second Speeches