

PUBLIC SPEAKING EXCERCISE

INSTRUCTION:

READ THE EXAMPLD PUBLIC SPEAKING BELOW THEN WRITE YOUR REFLECTION

Good morning everyone!

Today, I want to talk to you about overcoming challenges. We all face them in life, from small setbacks to major obstacles. But what truly defines us isn't the challenges themselves, but how we choose to respond to them.

Imagine a mountain climber. The summit may seem impossibly high, the path treacherous. But with each step they take, they get closer to their goal. They may encounter unexpected storms, lose their footing, or feel exhausted. Yet, they persevere. They learn from their mistakes, adjust their strategies, and keep climbing.

That's the spirit we need to cultivate in ourselves. When faced with a challenge, don't let fear or doubt paralyze you. See it as an opportunity to grow stronger, to learn new skills, and to discover your inner resilience.

There will be moments when you want to give up. But remember, even the smallest step forward is still progress. Celebrate your victories, no matter how big or small. Learn from your setbacks, and use them as stepping stones to move forward.

Remember, the greatest achievements often lie on the other side of the greatest challenges. So, embrace the climb, my friends! Believe in yourselves, stay focused, and never give up on your dreams.

Thank you!

REFLECTION: HOW DID YOU FEEL UPON READING
THE EXAMPLE PUBLIC SPEAKING?
