This worksheet will outline the messages that are important to share with your audience as a self-advocate and trained state ambassador. Use this sheet to highlight your message, ways to incorporate your audience, and your call to action. Use the points from this worksheet to enhance your final speech. Remember to include BB facts, BB state facts or BB history.

**Introduction**

*Include: Who are you?; How did you become involved in Best Buddies?; Maybe a fun fact about yourself (an attention grabber); Try to incorporate your “Hook”.

“Thank you” to the audience

My name is __________________________________________________________

I am from ___________________________________________________________

Best Buddies Program ________________________________________________

Best Buddies Position ________________________________________________

Interesting Fact about me:
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

**Body**

*What are the three main points you want to share with your audience about your journey and your BB journey? What are some of your accomplishments, goals, and obstacles? How can serving as a state ambassador and being a strong self-advocate help you share your journey and mission of inclusion?*

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

**Conclusion**

*Why should this audience care? Why is it important that they take your message and help you change the world to be a more inclusive place? What is your call to action? Try to incorporate another “hook”*

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________