PRACTICING YOUR DELIVERY

Deliver your speech in front of a mirror 3 times and use this checklist when you're done each time. By the third time you do it, you want to try to mark all the YES boxes.

**ONE:**

Are you making eye contact?  

Is your body open and inviting? (Don't cross your arms or legs)  

Did you add pauses and exclamations?  

Are you changing your facial expressions throughout your speech?

**TWO:**

Are you making eye contact?  

Is your body open and inviting? (Don't cross your arms or legs)  

Did you add pauses and exclamations?  

Are you changing your facial expressions throughout your speech?
PRACTICING YOUR DELIVERY

THREE:

Are you making eye contact?  
[ ] YES  [ ] NO

Is your body open and inviting? (Don't cross your arms or legs)  
[ ] YES  [ ] NO

Did you add pauses and exclamations?  
[ ] YES  [ ] NO

Are you changing your facial expressions throughout your speech?  
[ ] YES  [ ] NO

Look back at the checklists and write down two skills that you improved on?

1.  
2.