



Guidelines for Inspiration

The inspiration is a short, **1-2 min.** speech at the beginning of the meeting and it is intended to help us start on a positive note. Typically, it is in line with the meeting theme, but you can choose your own topic*.

The inspiration does not have a specific script, but it can follow this template:

1. Introduction

Thank you, Mr. or Madam Toastmaster. My fellow Toastmasters and honored guests,
...

2. Connecting to the meeting theme

As I think about the theme of this meeting of ...
...

3. Developing an idea

- Describe a story
- Read a quote and deliberate on it
- Remind of someone who has inspired you
- Remind the reasons why you joined Toastmasters

4. Connecting back to our club and meeting theme

*When I think about that quote/story/person in terms of this meeting theme of
it underscores / brings home to me / reminds me that ...*

5. Handing over to the TMOE

Back to you, Mr. or Madam Toastmaster.