

Motivational Speech Sample Outline

Topic: Random Acts of Kindness

Specific Purpose: To persuade my audience to partake in random acts of kindness.

Central Idea: Partaking in random acts of kindness can brighten someone's day, save someone's life, and even change the world.

INTRODUCTION

I. The Attention Step

A. (Attention Getter/Relevancy Statement) Example of Mark walking home and dropping his books.... (Canfield, p. 35)

1. Bill saved Mark's life ... with a small, random, seemingly unimportant act of kindness.
2. So how many times have you stopped to help someone pick up the books they dropped? Or paused to thank a housekeeper for keeping your hall so clean? Asked to speak to the manager of a restaurant because you had a great waitress?
3. If your answer is not often or never, you should consider participating in random acts of kindness.

B. (Credibility Statement) I have recently become interested in random acts of kindness and by reading several books on the subject, I have learned more about the impact these acts can have on people's lives.

C. (Preview) Random acts of kindness can brighten someone's day, save someone's life, maybe even change the world.

(Transition: So why do we need random acts of kindness?)

BODY

II. The Need Step

A. Throughout the nation, throughout the world, people are having bad days.

1. In fact, 17.5 million Americans suffer from depression each year. (Drexler)
2. How many times have you heard about people in the news who were so distraught or depressed that they decided to go shoot a few people? The postal worker. The boy at his high school.
3. And I'm sure all of you can recall having a bad day or feeling unhappy.

B. As College Students we tend to get wrapped up in the stress and deadlines of our everyday life.

1. We forget to take the time to offer a compliment to others.
2. We are often in too much of a hurry to stop and help someone in need.
3. When we are in need of help and can't get it we may become unhappy.

C. Unhappiness leads to more unhappiness.

1. For instance, a teacher having a bad day might yell at a student.
2. The Student may then go back to the dorm and yell at his/her roommate.
3. The roommate then yells at his/her friend. It's a chain reaction.

(Transition: But there is a way to break a link in this chain. The smallest effort can stop this chain reaction in its tracks and even reverse it. And every one of you can do it.)

III. The Satisfaction Step

A. By partaking in random acts of kindness, you can change someone's day for the better, give someone a boost of confidence, possibly even save a life or eventually change the world.

1. There are so many ways to be kind.
 - a. You could tell the next worker you see what a great job he/she's doing.
 - b. Pick up and return that pen that the person walking in front of you dropped.
 - c. Thank the cafeteria lady for her service.
 - d. Compliment a friend on a quality or a classmate on his/her strong points.
2. Just think of the things you could do or say--right after this class.

(Transition: These are only a few examples.)

B. According to a Greek proverb, "Kindness begets kindness." (Lieberman, p. 129)

1. It's true! Kindness is also a chain reaction.
2. One act of kindness leads to another.
 - a. Example--A teacher compliments you on the strong points of your speech.
 - b. With the boost of confidence, you will go to your room and thank your roommate for cleaning last weekend.
 - c. He/She'll compliment a friend and so on. And it all started with a teacher's simple comment on a speech.

(Internal Summary: Now you know how you can use random acts of kindness everyday to benefit yourself and everyone around you.)

(Transition: Envision yourself partaking in Random Acts of Kindness on a daily basis.)

IV. The Visualization Step

A. Imagine yourself thanking your professor for his/her enthusiasm.

1. How would that make him/her feel? Probably terrific
2. And the next class that comes in that day will be in for the most enthusiastic lecture ever.

B. Or imagine commenting on a classmate's talent, only to find out later that you saved his/her life.

C. There are no disadvantages--It is a Win-Win situation.

1. It doesn't cost anything, and we definitely don't lose anything by doing it.
2. In fact, random acts of kindness will not only cheer other people up, they will make you feel good too.
3. Let's admit it, when we compliment someone or lend a helping hand, we feel good about ourselves.

(Transition: But don't just think about what you can do--go do it!)

CONCLUSION

V. The Action Step

A. **(Summary)** With all of the problems in the world, and the bad days that people are having sometimes all it takes to turn a problem into an opportunity, and a bad day into a smile is a simple act of kindness.

B. **(Call to Immediate Action)** According to William Wordsworth, "nameless, unremembered acts of kindness" are "the best portion" of a person's life, so go out and demonstrate it in every way that you can. (Ryan, p. 578)

1. I'm going to hand out some cards that have a suggestion for a random act of kindness you can do today.
2. Try one of the random acts on the card you receive, or try one of your own ideas.
3. Be honest, sincere, generous and kind.

C. **(Memorable Close)** Who knows, the world may slowly become a better place because of a single random act of kindness.

1. Let it be yours.
2. Oh, and by the way, you are a TERRIFIC audience!

REFERENCES

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