

## Thought for the Day

You are to prepare, practice, and deliver a 2-3 minute speech. The topic can be current events, some aspect of Toastmastering, or even an anecdote, but should serve as "food for thought" for the group. This is a formal prepared speech. It will be timed. Your thought for the evening will set the tone for the evening. It is preferred that your speech be upbeat and motivational. Call the Toastmaster a couple of days prior to the meeting and tell them what your speech will be about. This will allow him or her to use your speech as a springboard to carry the tone through the whole meeting.