Before you begin your practice delivery, imagine that you are standing in front of your target audience and think about the specific purpose you identified for your speech.

Remember that your speech should last between four and seven minutes.

Keep track of the total time it takes you to deliver your speech to stay within this time frame.

Deliver your speech at least once all the way through.

Describe any issues you encountered during the delivery of your speech.

How many times did you practice delivering your speech before you felt comfortable presenting it?

What aspects of your speech delivery improved the most as a result of your practice?