

# Impromptu Speaking Worksheet:

## Personality Traits (2-Point Structure)

**Instructions:** For each personality trait below, interpret its practical role in success or conflict as a piece of universal **Sage Advice**. Prepare a 2-3 minute impromptu speech using the following body structure: **Context/Problem (Point 1)** (Where this trait was tested or needed), and **The Core Wisdom/Impact (Point 2)** (The lesson learned from exhibiting or lacking this trait).

### Prompt 1

**The Trait: Humility** (The wisdom of recognizing your own limitations.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 2

**The Trait: Resilience** (The wisdom of bouncing back from severe disappointment.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 3

**The Trait: Curiosity** (The wisdom of constantly asking "Why?" and its effect on learning.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 4

**The Trait: Patience** (The wisdom of waiting for the right moment instead of forcing action.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

## Prompt 5

**The Trait: Doubt** (The wisdom of questioning assumptions, even if it feels uncomfortable.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 6

**The Trait: Frugality** (The wisdom of valuing resources and avoiding waste.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 7

**The Trait: Integrity** (The wisdom of doing the right thing when no one is watching.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 8

**The Trait: Optimism** (The wisdom of maintaining a positive outlook, but not ignoring reality.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 9

**The Trait: Forgiveness** (The wisdom of letting go of grudges for the sake of one's own peace.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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## Prompt 10

**The Trait: Presence** (The wisdom of being fully engaged in the current moment, avoiding distraction.)

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**Main Idea / Hook:**

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**Point 1 (Context/Problem):**

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**Point 2 (The Core Wisdom/Impact):**

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**Conclusion:**

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**(Optional) Possible Quote:**

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