

1. The "Word Bridge" Prep Technique

With only 1-3 words, the novice must immediately define what the word or phrase represents.

- **Quote:** "Forward."
- **The Bridge:** What does "forward" imply? (Progress, Momentum, Letting go of the past).
- **Thesis:** "The single word 'Forward' is the best advice for life, teaching us to value **momentum**, embrace **change**, and leave **regret** behind."



During the -minute prep, they should write down:

- Quote: **Forward**
- Bridge: **Progress, No Regrets**
- P1: **School/Goals** (Study inertia)
- P2: **Mistakes** (Past relationships/failures)

2. Focus on Universal Human Concepts

Short quotes often tap into fundamental ideas that are easy to illustrate:

Short Quote Theme	Universal Concept	Easy Examples
Why not?	Risk, Opportunity	Asking for a raise, trying a new sport.
Begin.	Initiative, Action	Starting a diet, writing the first line of a paper.
Enough.	Contentment, Limits	Stopping procrastination, appreciating what you have.

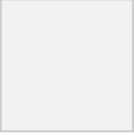
3. Delivery: Poetic and Punchy

Encourage the student to treat the short quote somewhat poetically.

- **Repeat the Quote:** Use the quote at the start, between the points, and in the conclusion to unify the speech.

- **Emphasis:** Since the quote is short, teach them to dramatically *pause* before saying the quote in the introduction and conclusion, giving it weight.

20 Really Short Quotes Prompts & Speaking Tips

These quotes are designed to be  to  words, forcing the speaker to supply the depth and meaning.

#	Prompt	Thematic Tip for Novice Speaker	Structure Suggestion
1	"Why not?"	Interpret this as the key to opportunity and overcoming fear of failure.	P1: The regret of not asking the question. P2: The surprising doors that open when you ask (e.g., asking for help).
2	"Listen."	Focus on active listening and the knowledge gained from silence and attention.	P1: Listening in class (gaining knowledge). P2: Listening to a friend (building empathy).
3	"Enough."	Interpret this as advice about contentment or the courage to know your limitations .	P1: Knowing when you have studied enough to feel prepared. P2: Knowing when you have <i>achieved</i> enough and can be content.
4	"Stillness."	Speak about the importance of pausing and finding peace in a chaotic, busy world.	P1: The need for stillness for mental clarity (meditation/sleep). P2: Stillness before a great

			action (e.g., an athlete before a jump).
5	"Begin."	Focus on the power of taking the first step and conquering procrastination.	P1: The magic of the first word on a blank page. P2: How momentum takes over after the initial effort.
6	"Forward."	Interpret this as the philosophy of momentum and refusing to dwell on past regrets.	P1: Leaving old mistakes behind and focusing on growth. P2: The necessity of continuous progress in learning.
7	"Go."	Speak about seizing the moment and the adrenaline of instant action and commitment.	P1: The difference between planning and doing. P2: Recognizing the few moments in life that require immediate action (the "Go" moments).
8	"Yet."	Focus on the power of growth mindset and viewing failure as temporary.	P1: The optimism contained in the single word "yet" (I can't do it... yet). P2: Using "yet" to turn frustration into future motivation.
9	"Try."	Interpret this as advice to embrace effort regardless of the outcome.	P1: The moral victory of genuine effort over guaranteed success. P2: The fact that most failures are lessons disguised as losses.
10	"Create."	Speak about the fundamental human drive	P1: Creating in the physical world (art, building). P2: Creating

		to build and innovate in any field.	new solutions to old problems (thinking differently).
11	"Trust."	Focus on the importance of self-reliance and building strong, mutual relationships.	P1: The foundation of trust in a team or friendship. P2: The critical need to trust your own instincts.
12	"Clarity."	Interpret this as the power of clear communication and knowing what you want.	P1: The waste of time caused by confusing messages. P2: The energy gained from having a clear, defined goal.
13	"Again."	Speak about the spirit of persistence and the reality of iterative failure before success.	P1: The scientist's method: trying things <i>again</i> after a failure. P2: The athlete's discipline: practicing the same move <i>again</i> until it's perfect.
14	"Oops."	Focus on admitting mistakes quickly and the value of humility.	P1: The relief that comes from a simple, honest admission. P2: Why covering up a mistake is always worse than saying "Oops."
15	"Embrace."	Interpret this as advice to accept all aspects of life , good and bad.	P1: Embracing new opportunities (the good). P2: Embracing the pain of loss or failure (the bad).
16	"Focus."	Speak about the necessity of single-minded	P1: The detrimental effects of multitasking. P2: The laser-like

		dedication in a distracting world.	quality of dedicated focus on a single task.
17	"Breathe."	Interpret this as the ultimate advice for calmness and stress management under pressure.	P1: The physical act of breathing to relieve anxiety (impromptu!). P2: Breathing as a metaphor for stepping back and gaining perspective.
18	"Choose."	Focus on personal agency and the power of making intentional decisions.	P1: The freedom in choosing your attitude, even when you can't choose your circumstances. P2: The responsibility that comes with the power to choose.
19	"Hope."	Speak about the necessity of optimism and maintaining a positive outlook despite difficulty.	P1: Hope as a motivator in times of personal challenge. P2: Hope as a necessary fuel for social or political change.
20	"Ask."	Interpret this as the power of vulnerability and realizing you don't have to go it alone.	P1: Asking for help in a subject where you are struggling. P2: The surprising generosity of others when you simply "Ask."