



Here are four rules to follow when creating a talk:

1. What's your message?

If your listeners could remember one thing from the message, what would it be? Write this down and make sure your talk clearly states this message early and often.

2. Keep it simple

The listeners do not have time or energy to listen to you dance around a topic – get to the point.

3. Repetition is good

Remember the key message you stated earlier in your talk? Since the listeners can't rewind and go back to hear it again, make sure it's repeated throughout to ensure your listeners remembers it.



4. Practice

Practice giving your speech to nail down your timing and delivery.

So those are the four rules, now, create a checklist to make sure your talk has:

An Introduction: A story, statistic or another anecdote to grab their attention.

A Takeaway: Let your listeners know what they should remember from the talk.

Examples: To establish credibility, share evidence as to why your reasoning is sound to show the audience why you're right.

A conclusion: One last chance to nail your message! Send your listeners off with a different statistic, quote or anecdote to make your key message memorable.

1. My Best Friend

Friendship is one of the greatest blessings that not everyone is lucky enough to have. My best friend is one such person who has been able to make a positive impact on my life. Most importantly, I feel extremely fortunate to have someone as a best friend in my life.

Our friendship started when my best friend came in as a new admission to our class. Both of us were hesitant to talk to each other at first, but gradually we developed a bond. I remember the first time my best friend tried to talk to me; I rolled my eyes because I thought there was no use and we wouldn't hit it off. However, to my surprise, we became best friends by the end of the session year. We learned so many things about each other and found out that our taste in music and fashion was so similar. Since then, there was no stopping

Example 2:

One Minute Speech on the Value of Time:

Time and tide wait for none. If we do not make the best use of time, we are destined to be doomed. We must act in time before it is too late, because certain moments can make or break a person's life. Those who waste time repent when there is no remedy.

Every second in life is important. Seconds add up to minutes, hours, days, months. We should not waste time because life is short and uncertain. Instead, we should make the best use of the time available.

To conclude, we must know the value of time so we can make the best use of every moment in our lives! Thank you for listening to me so attentively.

Example3:Pet Dog

Pets are a great blessing in anyone's life. They are the only ones who love us unconditionally. Pets always offer us everything they have without asking for anything in return. The main aim of any pet's life is to make their owner happy. Nowadays, even the term 'owner' is changing. People prefer their pets as kids and to themselves as parents. This is how the relationship between pets is evolving. People treat them no less than humans. For instance, they celebrate their birthdays; get those matching outfits and more.

The most common pet you can find at anyone's place is dogs. A man's best friend and the most faithful animal, a dog. I also have a pet dog that I love to bits. We got him when he was a little baby and have watched him grow into a beautiful dog. All my family members love him with all their heart. We love his silly antics and cannot imagine our lives without him. We named him Sasha.

Topics About Yourself

- My family
- My mother
- My father
- My favourite teacher
- My aim in life
- My favourite game
- My village
- My house



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Topics About Yourself

- My dream
- My favourite book
- My ambition
- How i spent my summer vacation
- My pet dog
- My school life
- I love my family
- My favourite subject



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Topics About Yourself

- My garden
- My self
- My school library
- My favourite author
- My plans for summer vacation
- My school
- My friend ship



The logo for Lullia English Academy is positioned in the background. It features a stylized white star on the left. To the right of the star, the text 'LULLIA' is at the top, 'ENGLISH' is in the middle, and 'ACADEMY' is at the bottom, all in a light yellow, sans-serif font. Below the word 'ACADEMY', the phrase 'ANYBODY CAN SPEAK' is written in a smaller, white, sans-serif font.

PROVERBS (For writing)

Proverb	Meaning	Example
Absence makes the heart grow fonder.	When you are away from someone or something, you understand their value and appreciate them more when you see them again.	I hated going to school every day, but now I miss school. Absence does make the heart grow fonder.
Actions speak louder than words.	Your actions, or what you do, convey much more than what you say.	He said he was happy with the job, but his behaviour clearly showed that he was lying about it. Actions speak louder than words, doesn't it?

A journey of a thousand miles begins with a single step.

Nothing great is ever achieved without some effort.

If you want to crack the exam, you need to start preparing. A journey of a thousand miles begins with a single step.

All good things must come to an end.

Everything ends; even good times don't last forever.

I wish this work-from-home continues forever. It's too bad that all good things must come to an end.



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**Beggars
can't be
choosers.**

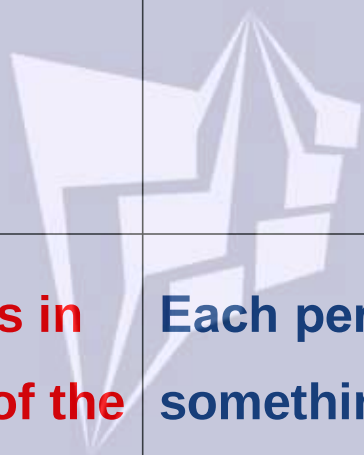
If you're in a tough situation and someone offers to help, you should accept whatever they offer and not demand for anything more.

I wish we had a bigger apartment; nothing else was within our budget. After all, beggars can't be choosers.

**Beauty is in
the eye of the
beholder.**

Each person's perspective of something or someone is different. What looks good for someone might not be so for someone else.

I really did not like her dress, but she loved it. I guess beauty is in the eye of the beholder.



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**Cleanliness is
next to godliness.**

It is good to stay
clean and tidy. It is a
divine quality.

Go clean your room, it is really
messy. You know, right?
Cleanliness is next to godliness.

**Don't bite the
hand that feeds
you.**

Do not act against
people who support
you.

They bit the hand that fed them, so
they were fired.



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**Don't count
your chickens
before they
hatch.**

**Don't expect results
before the
process/course of action
is complete.**

**We have not yet won the match.
Wait for the results. Don't count
your chickens before they hatch.**

**Don't judge a
book by its
cover.**

**Don't judge someone or
something by their
appearance.**

**She might look like a shy and
innocent girl, but she is really
smart and cunning. Never judge a
book by its cover.**



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**God helps
those who help
themselves.**

**Don't just sit around
and hope for the best.
Make an effort to make
them a reality.**

**Don't expect miracles to happen
without putting in any effort. God
helps only those who help
themselves.**

**Good things
come to those
who wait.**

**Good things will
happen if you wait
patiently.**

**She has been working hard
continuously for years now without
any complaints. Good things do
come to those who wait; she was
made manager last week.**



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**Don't put
too many
irons in
the fire.**

Try to focus on one thing at a time, do not distract yourself by focusing on too many things.

I know you have a lot of responsibilities and that a lot is going on in your life, but I would advise you not to put too many irons in the fire.

**Easy come
easy go.**

Whatever comes easily goes away easily.

I did not understand the logic behind 'easy come, easy go' until I lost all the money I won from the lottery.



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Honesty is the best policy.

It is always preferable to speak the truth rather than lie.

If you want to be successful in life, do all that you do honestly. Honesty is the best policy.

Hope for the best; prepare for the worst.

Be hopeful for a good outcome, but be prepared for the worst-case scenario.

Your competition is next week. I know you can win. Hope for the best, but be prepared for the worst.



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**Knowledge
is power.**

The more you know, the more
intellectually powerful you will
be in life.

Knowledge is power; I realise
that now.

**Laughter is
the best
medicine.**

There is no situation that
cannot be rectified or made
better with a good laugh.

I always watch F.R.I.E.N.D.S
when I feel low. After all,
laughter is the best medicine.



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**People who live
in glass houses
shouldn't throw
stones.**

**Don't pass
judgement on
others if you
aren't perfect
yourself.**

**Don't comment on her addiction to mobile
phones. You still haven't given up on
smoking. People who live in glass houses
shouldn't throw stones.**

**Practice makes
perfect.**

**The more you
practice, the
better you
perform.**

**Don't give up on maths and physics.
Practice makes perfect.**



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Like father, like son.

Like mother, like daughter.

Said when a son is similar to his father; or when a daughter behaves exactly like the mother.

His father is a maths teacher and he is very good at maths. Like father, like son.

No man is an island.

Nobody can fully live on their own. To be successful, we require interpersonal interaction.

How long can you stay without your family and friends? No man is an island.



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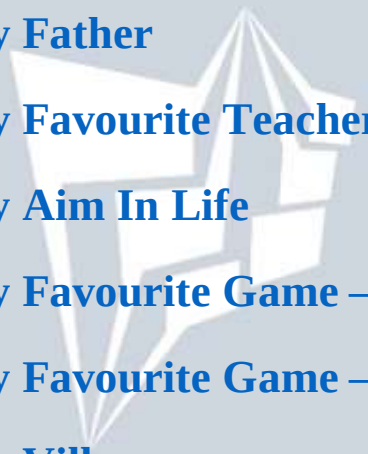
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ANSWERS

Topics About Yourself

- **My Family**
- **My Best Friend**
- **My Hobby**
- **My Mother**
- **My Father**
- **My Favourite Teacher**
- **My Aim In Life**
- **My Favourite Game – Badminton**
- **My Favourite Game – Essay**
- **My Village**
- **My House**
- **My Dream**
- **My Favourite Book**
- **My Ambition**
- **How I Spent My Summer Vacation**



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- **My Pet Dog**
- **India of My Dreams**
- **My School Life**
- **I Love My Family**
- **My Favourite Subject**
- **My Favourite Game Badminton**
- **My Father My Hero**
- **My Garden**
- **My Self**
- **My School Library**
- **My Favourite Author**
- **My plans for summer vacation**
- **My School**
- **Friendship**

