

Topic: Gardening

Specific Purpose: Gardening has provided an outlet to be creative and stress-free.

LEFT COLUMN
label speech functions

MIDDLE COLUMN
*content of speech - **use complete sentences***

RIGHT COLUMN
label physical behaviors

INTRODUCTION		
Attention	I. The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul. A quote from poet Alfred Austin.	
Reveal Topic	II. My name is Whitney Howard. Today I will be telling you about how through the act of gardening, I have learned patience, the significance of creating moments of joy and being centered.	Take a position where you won't end up swaying the entire time.
Preview	III. To paint the scene, my boyfriend and I recently purchased our first home. The best phrase to describe the home two years ago would be "fixer upper." The exterior had no sense of "landscape." I felt overwhelmed, but I began to embark on the curation of an escapists garden of Eden.	
BODY		
Main Point	I. My patience went through trials and tribulations.	Begin this main point by making sure to maintain eye contact.
Sub-Point(s)	A. To act as a form of a privacy fence I planted fishtail palms. Due to the higher price point of fully developed trees I decided to purchase younger palms and wait for them to flourish.	
	1. During the early stages of fishtail palms if they are over watered, it can result in a fungus. Which is exactly what happened.	
	2. To eliminate the fungus from spreading I trimmed off the damaged palms to prevent further damage. Which also was a mistake. By trimming the palms prematurely, the growth was stunted, causing the palms to grow horizontal instead of vertical.	Keep a serious tone.

Transition	<p>Being able to step back now and observe the fishtails thriving from being planted at three feet and currently at ten feet. In a few short years, the backyard will be a secluded oasis surrounded by the lush vibrancy of the palms. Living in a culture of instant gratification, there is a fulfillment the act of patience and watching nature flourish.</p>	
<p>Main Point</p> <p>Sub-Point(s)</p>	<p>II. Being able to cultivate tiny moments of joy by planting native and host plants for butterflies.</p> <p>A. Every morning when I drink my coffee I go outside and check my passion vines for new caterpillars and emerging butterflies. It's become common to have twenty at a time and varies between Zebras, Julias and Fratelli's.</p> <ol style="list-style-type: none"> 1. It is a rewarding accomplishment each morning that I can make a small impact with a large outcome by curating my surroundings into a thriving ecosystem. 2. It serves as a gentle reminder that our environment is to be enjoyed with the mindfulness of tending to and caring for. 	<p>Take your time with eye contact!</p> <p>You don't have to stare at every one at once.</p>
Transition	<p>The intent to improve and maintain a healthy balance for the outside world also has selfish rewards.</p>	Alter voice
<p>Main Point</p> <p>Sub-Point(s)</p>	<p>III. Gardening has helped me maintain a healthy state of being, soulfully centered and connected to nature.</p> <p>A. Through acts of labor in gardening, all are through labors of love.</p> <ol style="list-style-type: none"> 1. Landscaping for aesthetics purposes to have a creative expressive outlet. 2. Curating butterfly gardens with milkweeds and passion vines to maintain an active ecosystem and watching it thrive. By curating a healthy ecosystem for pollinators, I feel an overwhelming sense of positivity and enlightenment in hopes of preserving our environment. 3. Herb and vegetable garden for cooking and having the fulfillment of a full cycle process of growing and foraging. 	Smile through it, and make sure you're on time.

	CONCLUSION	
Review Main Ideas	I. By finding enjoyment in what could have otherwise been a dreadful journey of landscaping. I chose to look at it with a positive viewpoint and unknowingly, I found a hobby I am enamored with. I have learned the value of patience and significance of finding tiny moments of joy in life, which resulted in an activity that is my form of meditation to maintain my Zen.	Speak slower
Clincher	II. Let the takeaway of this speech be that to flourish in your environment you must allow time to mend and care for yourself so you can truly blossom. Thank you.	Use strong body language (e.g. Add a gesture)