



TIMER APP

The "4-Point" Ice Breaker Blueprint

A Structured Worksheet for Your First Speech (4-6 Minutes)

By Jel Salamanca | Unofficial Guide

The Secret to a Perfect Ice Breaker

The Ice Breaker (Level 1, Project 1) is a 4-to-6 minute speech about **you**. The key to success isn't memorizing a script—it's having a map. Use this "**Past, Present, Future**" framework to avoid rambling and keep your speech organized.

Instructions: Use the sections below as a blueprint. Fill in the blanks with your story.

1. The Opening (0:00 - 0:30)

Goal: Grab attention and state your purpose.

- **The Hook:** Don't start with "Hello, my name is..." Start with a question, a quote, or a surprising fact about where you're from.
 - *My Hook Idea:*

- **The Thesis:** (e.g., "Today, I want to share the three chapters that made me who I am.")
 - *My Thesis:*

2. The Past (0:30 - 2:00)

Goal: Share 1-2 formative highlights.

- **Background:** What is one specific detail about where you grew up that influenced you?
 - *Detail:*

- **Key Memory:** What is one childhood hobby or event that shaped your personality?
 - *Story Note:*



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3. The Present (2:00 - 3:30)

Goal: Focus on who you are **now** and why you are here.

- **Current Role:** What do you do for work, and what do you love outside of work?
 - *My Role/Passion:*

- **The "Why":** What made you walk through the doors of Toastmasters?
 - *My Reason:*

4. The Future (3:30 - 4:30)

Goal: Summarize and finish strong.

- **The Goal:** What do you hope to achieve in the next 6 months? (e.g., "Stop shaking when I speak.")
 - *My Goal:*

- **The Closing:** Tie your past, present, and future together. End with a decisive sentence.
 - *Closing Line:*

How to Practice

Don't practice in your head—practice against the clock!

1. Open the **Free Speech Timer** on your phone.
2. Set it to "**Ice Breaker (4-6 min)**".
3. Practice this outline until you can hit the **Green Light** (4 minutes) consistently.

Get more free scripts and tools at: tm.jelsalamanca.com/resource-hub/

Disclaimer: This worksheet is a personal resource created by Jel Salamanca. It is not an official publication of, nor is it affiliated with or endorsed by, Toastmasters International