VIRTUAL LAUNCH PARTY KIT

Speed-Listing: a 30-minute party



A host guide for a fast, loud, slightly competitive launch party built on lists of 30. Works on Zoom, in a living room, or at a bookstore.

THE RUN OF SHOW

0–5

Welcome

Host intro, how the rounds work, and one Random Observation/Comment from the books to set the tone.

5–20

Speed rounds

Five rounds, 30 seconds of listing each, then a quick share. Details below.

20–27

The Big 30

Teams race to finish one full list of 30 together.

27–30

Awards

Best #30, weirdest item, and most items in 30 seconds.

FIVE 30-SECOND SPEED ROUNDS

1. **Warm-up:** “30 Foods I Love.” Everyone lists out loud as fast as they can. Count items.
2. **Who/What/Where:** the host shouts a topic and an angle (“Travel: WHERE”). List only that angle.
3. **Pass the pen:** one shared list; each person adds one item and passes in 3 seconds or less.
4. **Ridiculous only:** a serious topic (“30 Business Jargon Phrases”), but only joke answers count. (Principle #22 from the book: if you get really stuck, make ridiculous jokes.)
5. **Item #30:** everyone gets 30 seconds to write just one item, the best one. Read them all.

WHAT YOU NEED

- The prompt cards on the next page (cut along the dashes) or the 30 Prompts sheet
- A timer with a loud alarm
- Paper and pens, or a shared doc for virtual parties
- Optional: List-It sticky notes and “I wrote a List of 30” stickers as prizes

Scoring: 1 point per item in speed rounds, 5 points for the group-voted best #30, and a bonus point for anyone who says “~See Lemons” unprompted.

1

30 Self-Proclaimed Titles

SPEED-LISTING · LISTS OF 30

2

Your 30 Under 30 (or 40 Under 40)

SPEED-LISTING · LISTS OF 30

3

30 Movies I Love

SPEED-LISTING · LISTS OF 30

4

30 Happy Memories

SPEED-LISTING · LISTS OF 30

5

30 Funniest Moments

SPEED-LISTING · LISTS OF 30

6

30 Questions I'd Ask Future Me

SPEED-LISTING · LISTS OF 30

7

30 “Wouldn't It Be Cool If...”

SPEED-LISTING · LISTS OF 30

8

30 Things I'd Learn Stuck in Groundhog Day

SPEED-LISTING · LISTS OF 30

9

30 Places I Want to Visit

SPEED-LISTING · LISTS OF 30

10

30 Icebox Side Projects

SPEED-LISTING · LISTS OF 30

11

30 Pieces of Advice for My 20s

SPEED-LISTING · LISTS OF 30

12

30 Things in the First 30 Days

SPEED-LISTING · LISTS OF 30

13

30 Business Jargon Phrases

SPEED-LISTING · LISTS OF 30

14

30 Early Career Advice

SPEED-LISTING · LISTS OF 30

15

30 Things Learned from Giving a Speech

SPEED-LISTING · LISTS OF 30

16

30 Personal #Lifehacks

SPEED-LISTING · LISTS OF 30

17

30 15-Minute Activities

SPEED-LISTING · LISTS OF 30

18

30 Micro Resolutions

SPEED-LISTING · LISTS OF 30

19

30 Essential Items

SPEED-LISTING · LISTS OF 30

20

30 Year End Activities

SPEED-LISTING · LISTS OF 30

21

30 Little Things

SPEED-LISTING · LISTS OF 30

22

30 Ways to Maintain Meaningful Relationships

SPEED-LISTING · LISTS OF 30

23

30 Priceless Birthday Gifts

SPEED-LISTING · LISTS OF 30

24

30 Things I Love About ____

SPEED-LISTING · LISTS OF 30

25

30 Things to Teach My Future Kid

SPEED-LISTING · LISTS OF 30

26

30 Things to Be Thankful About

SPEED-LISTING · LISTS OF 30

27

30 Random Observation/Comments

SPEED-LISTING · LISTS OF 30

28

30 Values of Disconnecting

SPEED-LISTING · LISTS OF 30

29

30 Signs I'm Obsessed With ____

SPEED-LISTING · LISTS OF 30

30

30 Reasons Why I Love ____

SPEED-LISTING · LISTS OF 30