TOASTMASTERS CLUB KIT

Table Topics, Lists of 30 style

30 Table Topics questions, each drawn from a list in *My Life in Lists of 30* or *Our Life in Lists of 30*, by Toastmaster Clemens Wan. Cut them up, or read them off the page.

30 TABLE TOPICS

1. What would your documentary title overlay say? (30 Self-Proclaimed Titles)
2. Name one thing you'd ask your future self. (30 Questions I'd Ask Future Clemens)
3. What's a travel tip you learned the hard way? (30 Traveling Tips)
4. Wouldn't it be cool if... finish the sentence. (30 Wouldn't It Be Cool If...)
5. What's one thing you'd learn if today repeated forever? (Groundhog Day)
6. Describe your ideal 15-minute break. (30 15-Minute Activities)
7. What's a lifehack you can't live without? (30 Personal #Lifehacks)
8. Tell us about a little thing that made your week. (30 Little Things)
9. What's the best advice you'd give your 20-year-old self? (30 Pieces of Advice for my 20s)
10. What should every new hire do in their first week? (30 Things in the First 30 Days)
11. Translate a piece of business jargon into plain English. (30 Business Jargon Phrases)
12. Pitch a start-up idea you've been sitting on. (30 Favorite Start-up Ideas)
13. What's an icebox side project you'll never finish? (30 Icebox Side Projects)
14. Who's the most interesting person you've met? (30 Interesting People)
15. What's a priceless gift someone gave you? (30 Priceless Birthday Gifts)
16. What's a micro resolution you could start tomorrow? (30 Micro Resolutions)
17. What's a random act of kindness you witnessed? (30 Random Acts of Kindness)
18. Name a dish everyone should know how to cook. (30 Things You Should Know How to Cook)
19. What's your best small talk opener? (30 Small Talk Tips)
20. What's one thing you learned from giving a speech? (30 Valuable Things Learned from Giving a Speech)
21. What's a value of disconnecting from your phone? (30 Values of Disconnecting)
22. What would you teach a future kid? (30 Things to Teach my Future Kid)
23. What's a year-end ritual you swear by? (30 Year End Activities)
24. What's your favorite routine? (30 Favorite Routines)
25. What's an app you'd recommend to anyone? (30 Favorite Apps)
26. Which TED talk changed your mind? (30 Favorite TED Talks)
27. What's a funny moment you still laugh about? (30 Funniest Moments)
28. What's a happy memory you'd relive? (30 Happy Memories)
29. What's something you're thankful for that's easy to overlook? (30 Things to be Thankful About)
30. What's your Random Observation/Comment for today?

SPEECH IDEAS FROM THE BOOKS

- **Icebreaker:** introduce yourself with 5 of your 30 Self-Proclaimed Titles.
- **Storytelling:** tell the story behind one item #30 from a list you've written.
- **Persuasive:** argue for one of the 30 Micro Resolutions and challenge the club to try it.
- **Humorous:** deliver 30 Business Jargon Phrases, translated.
- **Educational:** teach the 30 Principles for Writing Lists of 30 in 5-7 minutes.

From *My Life in Lists of 30*: "The process of writing and practicing a speech is more valuable to learning than delivering it."