

Your Commitment

1. Have you ever accomplished something in your life that took a lot of time and practice?

Was your accomplishment worth your effort?

2. Describe your willingness to diligently practice the techniques necessary for conquering your speech anxiety, because practicing the techniques is essential to reducing your nervousness.

3. How much time and effort are you willing to spend to overcome your speech anxiety (e.g., one hour per day, three hours per week)?

Based on your answers to these three questions, please write a pledge to yourself that summarizes your commitment to conquering speech anxiety and your willingness to practice the techniques presented in this course.

Then sign and date this contract with YOURSELF.

SIGNATURE _____ DATE _____ TIME _____

Finally, print out this page and post it in a place where you will see it often—at least daily—to remind yourself of your pledge and commitment.