

Weakness Goals

“The greatest strength any human being can have is to recognize his or her own weaknesses. When you identify your weaknesses, you can begin to remedy them - or at least figure out how to work around them.” - Pat Summitt

Identifying your weaknesses will help you grow, not only with presenting and public speaking, but with life in general. Now that we have identified some weaknesses, let's set specific goals on how we can improve them!

Goals

Weakness #1: Filler Words

What is my goal to improve?

I want to use fewer filler words when speaking.

How can I measure this goal?

- Week 1 → Use no more than 3 filler words in a speech
- Week 2 → Use no more than 1 filler words in a speech
- Week 3 → Use no more than 1 filler word in a speech

Weakness #2: Eye Contact

What is my goal to improve?

I want to make more eye contact with the audience while I am speaking.

How can I measure this goal?

- Week 1 → Make eye contact at least 4 times with audience members
- Week 2 → Make eye contact at least 5 times with audience members
- Week 3 → Make eye contact at least 6 times with audience members

Weakness #3: Remembering Points

What is my goal to improve?

I want to remember all of the points I was going to speak on during my speeches.

How can I measure this goal?

- Week 1 → I will speak on 75% of my topics I had planned for my speech
- Week 2 → I will speak on 85% of my topics I had planned for my speech
- Week 3 → I will speak on 95% of my topics I had planned for my speech

Weakness #4: Rambling

What is my goal to improve?

I will not spend unnecessary time on unimportant stories/topics relating to my speech.

How can I measure this goal?

- Week 1 → Spend no longer than 2 minutes on an unimportant story
- Week 2 → Spend no longer than 1 minute on an unimportant story
- Week 3 → Spend no longer than 30 seconds on an unimportant story