

One-Minute Speech Topics

What should we know about you?

What question(s) do you ask yourself every day?

What is your proudest moment, and what did it teach you?

What do you really desire to learn?

What is your personal philosophy?

What's most important to you in life?

What are you most scared of?

Who are your heroes or role models?

What are you good at that nobody knows?

What is your general view of the world?

Do you tend to take action based more on your heart or your mind?

How do you define success?

What is happiness to you?

What are some things in life that you need to take less seriously?

Do you have a life dream?

What are you currently doing that gives your life a real sense of peace? If you aren't, why? What's keeping you from finding it?

How do you think others see you?

What do you think about most often?

In what ways, if any, do you exhibit a childlike spirit?

What do you think are the biggest distractions in people's lives?

What is the simplest thing in your life that provides you with an immense amount of satisfaction or joy?

What goals do you have for yourself?

What matters most to you?

What is your strongest belief?

When was the last time you really pushed yourself?

What is something that amazes/inspires you?

If you could eliminate one weakness or limitation in your life, what would it be?

What qualities do you admire most in people?

What quality do you admire most in yourself?

What do you honestly think about your generation?

For what in your life do you feel most grateful?

What is the greatest accomplishment of your life thus far?

What do you think our country is most afraid of?

Is there anything you need to let go of?

What bad habits do you want to break?

What drives you?

What's the best advice anyone ever gave you?

How are you trying to be more useful-to others, to the world, to anything?

What do challenges and adversity mean to you?

How does music/(or another medium) speak to you?

What current event do you think is most poignant and why?

If you were to have dinner with three people who are currently alive, who would you dine with? Justify your choice.

What trait would you like to see more of in people?

What do you love about America?

What do you channel to find strength?

What does your dream learning environment look like?

What is one worry you have about our country's future?

How do you think others see you?

Where/what makes you feel you have contributed something meaningful (big or small) to the world?

What is one important quote that resonates with you?

What is the most universal or unique object you own?

What tradition do you value most in your life?

What serves as the greatest motivation in your life?

If you could make one request of all people, what would you ask that they do/not do?

What technological breakthrough or invention absolutely blows your mind when you stop and think about what it is actually capable of doing?

Aside from a family member, who do you hold up as your role model?

What is one thing you thoroughly enjoy doing that many people would consider trite or boring?

How do you want to be remembered to people? (and what impression do you think you are actually leaving?)

What quirky talent do you have?

If you could know, without a shadow of a doubt, the answer to one question that has always troubled you, what would you want to know?

If you could relive one famous first in history, what would it be?

What are you sad about that you have outgrown?

Over the last 200 years or so, the world has certainly advanced and changed in unprecedented ways. Nonetheless, can you think of at least one aspect of life that has remained virtually unchanged throughout the last two centuries?

What is one item you think will never become obsolete?