

Speech Outline
Full Speech Video: Self-Introduction
"New Game, New Life"

Introduction

- I. Seven minutes into the second half of my soccer game, I collided with a tall, red-headed striker from the other team.
 - A. After flipping into the air, I landed on the ground with a fractured back.
 - B. I was out for the season and had to wear a brace for months.
- II. My injuries were physical, but they initiated a process of mental change.
 - A. As I recovered, I discovered a new sense of myself.
 - B. I also gained a new perspective on life and relationships.

Body

- I. Before the injury, I would always tell people, "I'm a soccer player."
 - A. After the injury, my self-image began to change.
 - B. I realized there was more to me and to life than just athletics.
- II. I joined the school play and realized I loved working backstage.
 - A. The people I met were relaxed and liked trying on costumes and playing with props.
 - B. I enjoyed my new friends just as much as I had enjoyed the girls on my soccer team.
- III. I was also able to spend more time with my family.
 - A. Every Sunday, my parents, my sister, and I would eat breakfast together.
 - B. We would sit around the table and talk until lunchtime.
 - C. These talks made me aware of just how important my family is to me.

Conclusion

- I. When I finally returned to my soccer team, I was no longer the star player.
 - A. I had learned not to take myself too seriously.

B. Now I see soccer as a hobby instead of my entire identity.

II. When I first broke my back, my whole world seemed to stop, but in reality, I was able to discover new world and a fuller sense of who I am.