


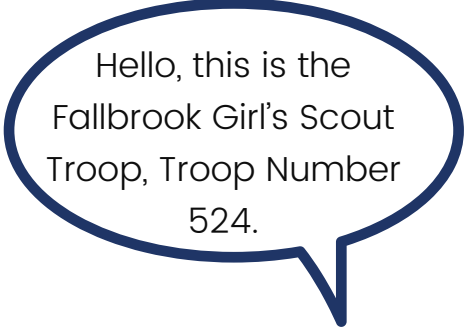
Speak2 Pals Guide

1 Introduction

Tell them who you are or provide a simple update about your status.



Hi, this is Mary, I am sending this message from San Diego where I've lived for 8 years.




Hello, this is the Fallbrook Girl's Scout Troop, Troop Number 524.

This simple context helps to establish who they are hearing from and helps to connect the voice to the setting. It is a great way to make a personal connection.

2 Engage In Something Specific


Provide some details and how it relates to you, how it relates to them, and why you wanted to share this message. For example:




"This week I started to plant my bulbs. I have Dahlia's, Sunflowers, and a whole row of wildflowers that are supposed to attract butterflies. Do you enjoy gardening or doing outdoor projects?"

3 Closing

Sign off and thank them for listening. It is often encouraging if they can look forward to your next update or a follow-up to what was discussed.



Thanks for listening to my stories. I look forward to more messages tomorrow!



That's all I have for today. Thanks for listening and I can't wait to give you an update next week!

Speak2 Pals Checklist

NEED IDEAS? USE OUR CHECKLIST!

Here are a bunch of things you could talk about. Go ahead and print this and cross off the one's you have used, or create a checklist of your own. Once you get going, it's easy.

Engage in something specific

- A recent activity you enjoyed or found interesting?
- Some place you've traveled.
- What's your hobby and why?
- Any funny stories? A crazy coincidence?
- Did you start a new school or job?
- Did you meet anyone interesting? Famous, Different?
- What is your hometown? What is it like?
- Do you have a favorite sport?
- What is the best place you've ever visited?
- Favorite food or restaurant? What is one dish you can cook or bake really well?

Your "Top" Rated Lists

- Top 3 things I want to accomplish.
- Top 3 cities I've visited.
- Top 5 favorite movies or TV shows
- Top 2 family traditions.
- Top 5 ways to stay happy.
- Top 3 favorite singers, artists, actors, etc..
- Top 3 superpowers I would like.

More Ideas For Your Pals

Spiritual and motivational content.

What could be better than hearing a spiritual poem, bible reading, song or personal motto?

Often a personal message is powerful and leaves the message recipient feeling happy, and maybe also thinking about their own spiritual thoughts.

Inspirational Quote

Song

Poem

Personal

Bible Verse



Check out some web sites or google these items, there are so many great web pages to choose from that provide great content.

There is no shortage of things you could say to your Speak2 Pal. Be creative, have fun and most of all, try things out and keep going.

Your messages are very important and create community and communication that helps the well being and fitness of your community.

If you have any ideas, please share them with us at <http://www.speak2family.com>