

Persuasive Speech: Hobbies

Specific Goal: To persuade the audience to make time for their hobbies

Proposition: People do not take enough time off for their hobbies and they should learn to manage their time for their hobbies in order to see an improvement in productivity.

I. What's your favorite food? Well, it is said that "hobbies are the food for our souls."

II. Today I will talk about why time for your hobbies is beneficial.

III. I do not know how I'd survive if I didn't set some time for myself to engage in my hobbies that do not relate to school and other stress related activities

IV. People do not take enough time off for their hobbies and they should learn to manage their time for their hobbies in order to see an improvement in productivity.

Transition: First, let's talk about the issue that **needs** to be addressed. (1st part of Motivated Sequence)

Need.

I. People do not take enough time off for their hobbies. (**Restates the proposition 1st point – the problem**)

A. They feel as if they do not have enough time. (General statement)

1. A Bureau of Labor statistics published in 2013 shows that "on an average day, nearly everyone age 15 and over (95 percent) engaged in some leisure activity" an average of 5.52 hours.

Internal Transition: This may not sound so bad.

2. Unfortunately, most of those hours were spent watching TV, an average of 2.8 hours (IBID).

3. That still leaves 2.72 hours left of possible hobby time, but regrettably this time is not all spent on hobbies. (Ibid)

B. Because people do not see the importance of hobbies, they will disregard them all together.

1. In fact Elizabeth Scott shares in her "The Importance of Hobbies for Stress Relief" published in 2014 how "Hobbies are often thought of as activities for people who lead quiet, relaxed lives."

2. "We often get so sucked into work and the demands of daily life that hobbies... completely fall by the wayside," said Carolyn Gregoire in her article titled "Want To Be Less Stressed And More Creative? Make Time For A Hobby" published in 2014. Hobbies are often perceived as a waste of time.

3. - "When you ask the average working adult what their hobbies are, there's a good chance they'll say 'none.'" (IBID).

Transition: Now that we've looked at the problem, let's see some solutions. (2nd part of Motivated sequence)

Satisfaction.

II. People should learn how to manage their time for their hobbies. (Restate Proposition part 2 – solve it.)

A. One way to accomplish this is by making a schedule.

1. According to Jodi Blahnik in "Time Management", schedules "allows you to give enough time to each subject" which then allows you to make every hour count.
2. Schedules "helps you to settle down to work more quickly", which then "increases concentration" (IBID).

B. Another way to manage time is by setting dates on your calendar or cell phone.

1. Craig Jorrow shares in his "Why You Should Put Your Todos on Your Calendar" published in 2014, when you put something on your calendar it "ensure[s] time for your most important tasks."
2. Unlike schedules, calendars let us see what is to come for the month which leads to schedules being made; they work hand in hand. It is okay to set a whole day aside specifically for alone time with hobbies.

Visualization.

Transition: Lastly, now that we've seen what we need to do, let's look at the positives if this problem is resolved and the negatives if it is not. (Third part of the sequence)

III. Hobbies improve our productivity. (Restate proposition part 3)

A. Through hobbies, we are able to recharge our energy in order to continue our labor. (Benefit)

1. Craig Jorrow also explains that "We know that anything...doing the same thing over-and-over will eventually burnout. If you do not take a break to refresh yourself, you too will burnout." (ManagementNinja).

- By engaging in hobbies we're able to recover from the demands of our busy, hectic lives. (PsychBlog)

2. In “The Importance of Hobbies for Stress Relief” Elizabeth says “Hobbies... provide a break with a purpose, which can help people feel that they’re not just ‘sitting around’, but are using their down time for something productive”

B. If you do not make time for hobbies, stress will develop. (Challenge)

1. Stress is “an individual's perception of a stimulus as overwhelming, which in turn elicits a measurable response resulting in a transformed state.” According to Patricia Goodnite in “Stress: A Concept Analysis”.

2. So because your mind is not “getting a break from anxiety and tension [by] focusing on a completely unrelated activity” (CMS site). Your stress levels increase to the point where you can’t handle doing anything.

Transition: Let us see how we can add this to our life.

Action.

I. In conclusion, hobbies are the food to our soul because it keeps our mental state going and energized just as food does for our physical state. So what’s your favorite food for your soul? (Hook)

II. Hobbies are very beneficial in order to be a productive human being in today’s hectic society. (Proposition)

III. Here’s what I want you guys to do

-Prioritize. Realize that your hobbies can be more important than doing that assignment right because if you’re not in the right mind state, then your work could suffer tremendously.

-Plan ahead.

Get a hobby (Note the specific ideas)

1. Visit Michael’s Art Supply,
2. Attend Sierra Club,
3. Look at Calendar Section
4. LA Weekly
5. Visit a museum
6. Attend a concert at Hollywood Bowl

References

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