

1. **Slide number 1:** In 20 seconds introduce the topic and explain why this topic is important

2.

This topic throughout the world is important for everyone. Self-development should be important for people of all ages. We should all be trying to improve our self in areas such as 1) physically and 2) mentally. Physically means exercising (sports) and mentally for example, doing things we are interested in (20 seconds)

3. **Slide number 2:** In 20 seconds explain the first main point (1)

4. **Slide number 3:** In 20 seconds explain the second main point (2)