



Practice is an important part of delivering an authentic talk. Having a practice plan can help. Use this worksheet to curate your practice routine.

Directions: Identify three things you can do as a part of your practice routine. We provide a list below to get started. Be creative and do what works best for you.

Practice Routine Ideas

- Record yourself giving the talk and review it
- Use the Harvard Catalyst Research Talk Rubric
- Identify your metrics of success for your talk
- Present your talk in front of someone and ask for feedback
- Identify grounding practice you can use to ease any emotions that come up for you.

Your Practice Routine Plan:

1

2

3
