How to give a best man speech without notes

Do not memorise every word. Learn four to six beats — open, story, partner, toast — with one anchor word each. Memorise the opening and the toast cold. Rehearse standing up across several days. Keep a tiny backup card in your pocket even if you plan not to use it.

Checklist

- [ ] Out loud, standing, same posture as the mic.
- [ ] Short runs on several days beat one marathon.
- [ ] After day two, hide the full draft; speak from anchors.
- [ ] Record one run; fix pace, not personality.
- [ ] One trusted listener: “Did you hear the names? Did the end land?”
- [ ] Stop. Breathe. Look at the couple.
- [ ] Say “give me one second” if you need it.
- [ ] Jump to the next anchor, not back to sentence one.
- [ ] If nothing returns, go to the toast. Naming both people and raising a glass is a complete ending.
- [ ] Open — first sentence in full
- [ ] Story — three prompt words
- [ ] Partner — one observation cue
- [ ] Toast — full sentence

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