Heartfelt best man speech: sincere without the cringe

Build the speech around one true story that shows who he is, say plainly what you admire, speak to his partner by name, then toast. You can still be funny — put the laughs in the setup, not in the line you care about. Practise the emotional sentences standing up so a pause does not become a stop.

Checklist

- [ ] Write the line you would be embarrassed to say, then edit it until it sounds like you.
- [ ] Pick one shared experience that proves the point.
- [ ] Cut adjectives that could sit in a performance review — loyal, driven, solid — unless a scene earns them.
- [ ] Heartfelt is not humourless
- [ ] Find the honest core
- [ ] Structure
- [ ] Practising emotion
- [ ] Worked example

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