1. **Purpose** -
   - The speech will focus on clichés and how even though they are overused, they do come true.

2. **Standards** -
   - Speaking and Listening
   - Peer Evaluations, Your Speech
   - Writing
   - Outline

3. **Length** -
   - Your speech should be between 3 to 4 minutes long.
   - 2-5 minutes is your time frame, anything under 2 minutes cannot receive better than a D and you will be asked to give your speech again. This does not assure if you go over 2 minutes, that you will do better than a D. You must practice, practice, practice!

4. **Preparation** -
   - Choose a cliché and identify at least three instances in your life when it was applicable
   - You will create specific examples that match your cliché chosen
   - Create an outline using proper outline format
   - You may NOT have full sentences on it

5. **Speech** -
   - You will use an outline for this speech.
   - You must use the proper outline formatting and levels
   - Use a creative attention getter
   - Consistently use eye contact with the audience.

6. **Outline** -
   - I. Introduction
     - A. Attention Getter
     - B. Thesis
   - II. Body
     - A. Cliché Example #1
     - B. Cliché Example #2
     - C. Cliché Example #3
   - III. Conclusion
     - A. Tie back to intro
ace in the hole
ace up your sleeve
airing dirty laundry
all in a day's work
all talk, no action
all sizzle, no steak
all that and a bag of chips
all thumbs
all's fair in love and war
always a bridesmaid
another day, another dollar
ants in your pants
arm and a leg
art imitates life
as luck would have it
as old as time
back against the wall
back in the saddle
back to square one
back to the drawing board
bad to the bone
bark is worse than the bite
bark up the wrong tree
beat around the bush
behind the eight ball
bent out of shape
best foot forward
bet your bottom dollar
better late than never
better safe than sorry
between a rock and a hard place
big fish in a small pond
bird in the hand
birds and the bees
birds of the feather
bite the dust
bite your tongue
blast from the past
blind as a bat
blood is thicker than water
born with a silver spoon in your mouth
brass tacks
bring home the bacon
bull by the horns
busy as a bee
calm before the storm
cat out of the bag
cat got your tongue
called red-handed
chomping at the bit
clear as mud
curiosity killed the cat
cute as a button
darkest before the dawn
dead as a doornail
don't count your chickens before they're hatched
don't do the crime if you can't do the time
drive you up a wall
ear to the ground
early bird catches the worm
easier said than done
easy as 1-2-3
easy as pie
every dog has its day
every fiber of my being
everything but the kitchen sink
eye for an eye
facts of life
fair weather friend
few and far between
fifteen minutes of fame
goes without saying
hold your horses
horse of a different color
hot knife through butter
if the shoe fits
in your dreams
Jack of all trades
jump down your throat
jump in with both feet
jump on the bandwagon
jump the gun
keep up with the Joneses
keep your chin up
keep your fingers crossed
kick the bucket
kick you to the curb
kick your feet up
kid in a candy store
kill two birds with one stone
kiss of death
knock it out of the park
knock on wood
knock your socks off
labor of love
lap of luxury
last but not least
last-ditch effort
last hurrah
let sleeping dogs lie
let the cat out of the bag
lie like a rug
lights out
like the plague
live and learn
look before you leap
my two cents
nip it in the bud
no guts, no glory
no pain, no gain
no stone unturned
no time like the present
nose to the grindstone
off the wagon
older and wiser
on the bandwagon
on thin ice
out on a limb
safe than sorry
sigh of relief
silence is golden
pay through the nose
peas in a pod
perfect storm
plenty of fish in the sea
pot calling the kettle black
rags to riches
raining cats and dogs
rob Peter to pay Paul
rock and a hard place
rocket science/scientist
take one for the team
take the bull by the horns
take the plunge
takes one to know one
think outside of the box
third time's the charm
snug as a bug
something the cat dragged in
spitting image
squeaky wheel gets the grease/oil
start from scratch
stick in the mud
stop and smell the roses
under the gun
until the cows come home
up his sleeve
up the creek
up the wrong tree
this day and age
this point in time
three strikes and you're out
through the grapevine
throw in the towel
tiger by the tail
till the fat lady sings
tip of the iceberg
tough as nails
two to tango
you are what you eat
you can run, but you can't hide
was my face red
watch your tongue
what comes around, goes around
what the cat dragged in
when push comes to shove
when rubber meets the road
when the cat's away
when the going gets tough, the tough get going
whole ball of wax
whole hog
whole nine yards
wild goose chase
work like a dog
wrong side of the bed