**40 Guests in 4 Minutes**

If you need help in jogging your memory of friends and acquaintances you could invite to attend Toastmasters, try the following 40 Guests in 4 Minutes exercise!

You might be thinking that 40 sounds like too many, but typically only one fourth to one half of the people you ask will attend. Thus, it is important to think of way more than you anticipate would come. Many factors affect a person’s ability to attend Toastmasters, so don’t be disappointed if some people can’t join – they might at a later date! “I can’t right now” might be a YES later.

So, use the following categories to list those people you can encourage to attend. You will be surprised how quickly your list can grow. And then start asking!

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| **4** Relatives | **4** People you do business with (bank, nails, store) |
| **4** Friends | **4** Co-workers |
| **4** Neighbors | **4** People from church |
| **4** Social group contacts | **4** Contacts through your kids (PTS, Scouts, Sports) |
| **4** Spouses of co-workers | **4** Previous co-workers, neighbors, etc |