Sample of a Persuasive Speech Using Monroe’s Motivated Sequence

Why The Best Way To Anyone’s Heart Is Through Their Stomach

Introduction

Attention Getter

Picture this. You’ve just gone through a long day at school or at work and everything that could have gone wrong did. You forgot your work at home, you were late, you got yelled at, and it doesn’t look like the day could get any worse from here. You get home after being gone all day and you plop face down on the bed. Suddenly, you notice a familiar smell. The smell of fresh baked chocolate chip cookies your favorite. Next thing you know your boyfriend or girlfriend places a fresh plate of cookies by your bed and you sit up and take a bite. All your worries subside and your bad day now seems bright and cheery. This shows you the power that food has and not only does food make a bad day better but it also can be the key to someone’s heart.

Thesis Statement

I know people think the way to a man’s heart is through his stomach, but I am here to tell you that you can also win over anyone’s heart with a full happy stomach.

Reason to Listen

It’s not just men anymore. Women now value food just as much as men and maybe even more. You may argue you need diamonds, flowers, or cards but I can prove through my speech your best bet is the chocolate aisle. Although this speech is focused on someone you’re dating, maybe you don’t have a significant other and in that case, you could apply these suggestions to other people such as your boss, teacher, or even your
Speaker Credibility

Why should you listen to me? First of all, I have done lots of research on this topic and I have taken a survey of our class determining all of your views. I am a woman and I know that my face lights up when someone I was dating or my boyfriend now would bring me food. Second, I have dated many different guys and I have yet to meet one that wasn’t pleased with me cooking or bringing them any type of food. With my current boyfriend, I have found food to be the best way to his heart and he would agree that he has found the same with me. I wish I would have known that when we first started dating!

Transition: Now that I have gone over why you should listen to me, I am going to go over the problem section.

Body

I. First, don’t go on a date hungry.

   A. When you are hungry you are more likely to be in a worse mood says Deborah Levy in 2014, who has her masters in science and is a registered dietician (Levy).

      1. This is because when you don’t eat your blood sugar levels drop and this affects your hormones and mood (Levy).

      2. A new study published in 2015 in the journal PNAS (proceedings of the national academy of science) suggests that couples are more aggressive when they have low blood sugar levels (Wilson).

         a) This means that in your relationship if you don’t see food as important, you may end up seeing more aggressive sides of one another.

   3. In my experience, I have found this is true because when I am hungry I tend to be more hostile.
a) Instead of putting my best foot forward, I was allowing hunger to get the best of me.

B. Also, when you go on a date hungry you are constantly thinking about when you are going to eat your next meal so you’re distracted.

1. Your natural instinct is what causes you to think about your next meal (Freeman).
   a) Research shows that “when hungry, a woman’s focus is primarily on getting some food. But, when that need has been satisfied, she can then pay attention to her other needs” (Freeman).

2. You can’t focus on what your date is saying.
   a) When distracted every word sounds like “blah, blah, blah” and you let your brain wander.
      (1) Then your brain starts visualizing hot, fresh pizza and suddenly you date is wondering why your mouth is watering.
      (2) Here is a picture of these unhappy people on a date which is probably because their food didn’t arrive yet.

II. On to problem number two, which is getting your partner a gift whether it’s for a holiday, their birthday or just an ordinary day you want to make special.

A. Getting a simple gift for someone you are dating is always challenging.

1. At first, you may feel you don’t know them well enough.
   a) Now you run the risk of them not liking what you get them.

2. You don’t want your gift to seem like you are too invested if you’ve only been dating a short time.
   a) This can push your partner away and make them think you are too clingy or have stronger feelings than they do.
      (1) Here are some examples of the wrong thing to get after three or four dates.
      (a) Key to your house or apartment
(b) An engagement ring
(c) A scrapbook of your first week you’ve been dating

III. Soon after you may run into another problem which is how to progress in your relationship.

A. You may want to try moving to the next level, but you don’t want to tell them.
   1. Using words can be difficult.
   2. It can lead to an awkward situation if you drop the “L” bomb and they don't feel the same.

B. It can be expensive to do something considered special to take things up a notch.
   1. A dinner at a 5-star restaurant can be very pricey.
      a) You would be breaking the bank.

C. Or time may be an issue for your partner
   1. Arranging a weekend getaway takes coordination and planning.
   2. Not everyone’s SO can get off of work or school.

D. Lastly, inviting your partner over for Netflix and chill is definitely a no go if you are trying to actually make it work.

Transition: See there are a lot more challenges you may face than you were thinking. So now let us solve these problems and make it easy on yourself by choosing food as the way to their heart.

IV. I suggest that the first thing you do on a date is incorporate food early on.

A. You can choose to eat at a restaurant before you go participate in other activities.
   1. 73% of our class said they would prefer to eat dinner during a date rather than go without eating (Wagenseller).

B. An idea is you could bring snacks in the car such as power bars or trail mix to eat before going on a hiking date.

C. If you are going site seeing such as in Seaport village, suggest stopping by the Ben and Jerry’s first before exploring.
   1. Step one is to invite them to order something.
      a) This shows them you care.
b) You can pick up on their preferences.

2. If they say no thanks, encourage them to eat anything even if it is small.
   a) A little bit of food is better than nothing
      (1) It will raise their blood sugar levels (Levy).

D. After, you both will be in much better moods after eating.
   1. A study from Drexel University in Philadelphia and the University of Pennsylvania shows “Brain scans showed that women were 'significantly more responsive to romantic stimuli after a meal than prior to it’ (Christensen).

E. You can now focus on your date.
   1. In a study headed by Michael Lowe a professor who has been studying dieters for years says, “MRI showed more activity in the reward center of the brain for the people who were full” (Ely, Childress, Jagannathan, Lowe).
      a) This may just reflect that our attention is more grabbed or drawn to something when we are nutritionally satisfied (Ely, Childress, Jagannathan, Lowe).

V. Besides making you have better dates, food can also be the perfect gift for anyone.
   A. Food is a better gift than nothing and it is not too extravagant.
   B. Food is easily accessible; you can buy different types of food at many places.
      1. At a restaurant, you can get dinner or takeout
      2. At the grocery store you can get snack and candy
      3. You can get specialty food items at a place such as Cookies by Design
         a) And they have items such as a fruit baskets
         b) Or a cookie bouquet
   C. My survey asked how both men and women would feel when brought some kind of food.
      1. 91% or females and 100% of males in our class said they would be pleased or very pleased if they received some kind of food as a gift (Wagenseller).
      2. You can’t go wrong with food presents.
D. My survey of this class also showed how students ranked different types of foods from highly preferred to least preferred.

   a) You guys equally preferred snacks, takeout, or a dinner out, most preferred a home cooked meal, and least preferred sweets or candy.

   (1) All of these would be good options but according to our class, your best bet at grabbing someone’s heart in here would be a home cooked meal.

VI. This works out perfectly because my next solution for taking the next step with your partner would be cooking them a meal yourself.

   A. It does not have to be complicated it can be simple.

   1. You can look up recipes online to help you prepare.

   2. It will not take too much time.

   B. It will show you want the relationship to progress and they are special.

   1. From the CEO of Your Tango, an online newspaper that specializes in love and relationships, it showed you don’t need to tell them you love them in words because 80% of people said that a home cooked meal shows love (Miller).

   2. The counter argument of "I don't know how to cook the food will taste bad" can be refuted.

   a) It doesn't matter if you are a bad cook

      (1) On the same survey, it showed only 1% of people were bothered if the food didn't taste good (Miller).

Transition: You have heard now about all the things you can do to make your dates run smoothly or gain someone’s interest. Now let me show you what it will look like with visualization.

VII. If you do these things with food, then your relationship will grow and you will capture their hearts.

   A. Visualize you and your partner holding hands walking through a park and all the sudden you smell something delicious
1. You see an ice cream stand and you know that is their favorite.
   
   a) You suggest that you go get one to share
      
      (1) Suddenly your partner lights up and you can see the love in their eyes
      
      (a) They tell you that you know them so well
      
      (b) And they give you a big old kiss and you know you’ve got their heart

B. Once you have their hearts they are willing to do things with you.
   
   1. Such as surf with you
   
   2. Play video games with you
   
   3. Or have someone to suffer through family dinner politics with

Transition: Now that you have visualized how your life can be if you utilize food, I will tell you what steps you can start taking right now.

**Call to Action**

VIII. Action: There are many things you can do today that will make a difference.

A. The next time you are going to see that special someone, bring them some food.

B. If you are going to see someone you like before your next class

C. Or if you are going on a study date because finals are around the corner
   
   1. Stop by the market right across from the student store and grab them
   
   2. A bag of chip and a candy bar

D. If you are going to see them at work
   
   1. Stop by Starbucks on your way and pick them up a
      
      a) Frappuccino or a
      
      b) Carmel macchiato

E. Before a hike stop by Vons on Black mountain road
   
   1. Pick up some cliff bars and two bottles of Gatorade to give them

F. Lastly, invite them to create a Sunday to share at Baskin-Robbins
1. Find the closest one either in Poway, Carmel Mountain, or Escondido.

Conclusion

Review Thesis: Whether you take it to the next level with your relationship, keep it simple and do something fun, or get them a gift they are guaranteed to love, remember food is always a great option.

Closing Device: Remember these tips the next time you see someone whose heart you wanna catch. And I am going to leave you with this picture. Food is the missing puzzle piece to anyone’s heart. Thank you.

Works Cited


Wagenseller, Nicole. "Is the way to your heart through your stomach?" Questionnaire. 8 May 2017.