

PRACTICE SCRIPTS

Be free, fearless and focused.
Be spontaneous. No pre-planning.
Don't censor yourself. Just let words & sounds just fall out of your mouth.
Take risks.
Think positive. Never think "I can't".
Have fun!!!!

1

Ha ha ha ha ha! I'm pouring salad dressing all over my salad without guilt tagging along for the ride. Why, cuz I found this great new reduced-calorie, fat-free dressing! Good for my waistline, good for my heart, good for my sense of humor. Ha, ha!

2

It's amazing! I never thought one cereal would make my whole family stay for breakfast. But they do! With big corn flakes and crunchy bunches of oats, I found a winner. Finally ... a cereal my whole family loves.

3

I once knew this guy from Malibu... He was like a Greek God only from Des Moines... He had muscles on his muscles... Dave the Wave... One day he was standing on the board... And I was standing on the beach... And he fell off the board... And I fell for him... Dave the Wave...

4

Following surgery, my doctor told me I would need physical therapy to regain my strength. I knew it wasn't going to be easy, but I was happy to hear I could get care in my home. I chose Mason Home Health and they were there for me every step of the way.

5

We got a dog...for the kids. Okay, so I became attached. Soooo, my wife calls it obsessive. I just wanted a perfect food for my dog. Talked to the vet...talked to the breeders...surfed the web...Okay, two words: Go shopping!

6

Hey. You know the really cool thing about being a grown up? You can order Pizza Shack pizza....whenever you feel like it.

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Do you remember that white bread when you were little -- you know, the one that was so doughy, you could roll it into a ball under the table without Mom ever noticing? And do you remember when the whole wheat craze came along a decade or so later and you could barely break bread, let alone roll it into a ball, under the table or not?

8

Ya' know, there's something about these hot summer days that call for an iced cold Mountain Mist. That cool, fresh, lemony taste there's just nothing quite like it. Working out here in the hot sun all day can really get to you after a while. That's why the refreshing feeling that I get from a Mountain Mist is worth more to me than almost anything at all.

9

So this guy I was dating seemed to have it all. Good looks, a great job, a nice smile, and oh...his laugh-so funny! But the truth of the matter is...that smile that started the laugh...ended with bad breath! It seemed the one thing he didn't have was a breath mint. And I was so close to happiness!

10

Don't laugh, but I started using Uncle Joe's Rice after I was in this taste test. They had a whole lot of us comparing Uncle Joe's and the other leading national brand...my rice. What a difference! Uncle Joe's looked better, tasted better, wasn't sticky. Turns out Uncle Joe's beat my old rice something like two to one. I was pretty embarrassed...

11

Okay, so you're doing the daily grind. You know ... carpooling with 5 people in a 4-person car ... when all of a sudden, you smell coffee breath that would kill Juan Valdez. So, you reach deep into your pocket. Sure enough ... you have an extra Coolmint. So, you look directly at Bob and say, "Would anyone else like a Coolmint?"

12

Here you are at the playoffs, with your best buddy. Seats right on the floor, hot dogs, peanuts, an ice cold drink, and you get a toothache. What do you do? Well, if you were a scout, you're prepared. You brought the Painfree. Put it on, the pain is gone. Back in the game!

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He makes you laugh. Actually likes snuggling. And never channel surfs. Doesn't he deserve a little extra attention from you? Each year, dogs of all ages, breeds, and sizes develop arthritis. So pay close attention to yours.

14

My life is not bound by being a woman. I'm interested in what I think is important. I hardly ever do the girly thing. I don't go around thinking I look beautiful, but I think I am beautiful. I like my skin to be soft, so I wash with Lark. I'm happy with my skin ...and my life.

15

Last night, my wife said to me, "Honey, you are irresistible." Naturally, I didn't disagree. We've got a lot going for us. Like for one thing -- good health. I mean, we eat right, exercise, and we take Iron Health every day. My wife and I, we don't make a lot of money, but we've got our health, and when you've got your health, you've got just about everything.

16

Saturday night ... six o'clock ... and you're late for the hottest date of your life. He'll be here any minute ... What? You haven't chosen a perfume yet? Okay, okay...what kind of mood are you in? Aaaaaahhhh ... Well, in that case, you'd better wear Spontaneous by Cara ... Me? ... I love it; chances are he will too ... Quick, put some on ... There ... Now you're ready.

17

C'mon! You can do it. Just 30 seconds of Mighty Mouth. Think of all the germs you're killing. Mighty Mouth even kills the germs that cause plaque and gingivitis. See? You can handle it. Germs can't.

18

These days ... a woman's gotta look right ... just right. Ya know ... right clothes, right hair, and definitely right smile. I mean, if her teeth aren't nice and shiny white, well ... you won't see my lips kissing hers.

19

Ah, Saturday morning. It's a very special time for me...I grab the paper, a cup of coffee and at exactly 9:02 (saxophone SFX)...our upstairs neighbor starts practicing. So faster than you can say 3-bedroom colonial attached 2-car garage & fenced backyard...I head straight for the real estate section!

20

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Funny thing being a red head...when I was a kid, I just wanted to be like everybody else, now it's one of the things that makes me me. Be unique. Think outside the bottle.

21

I love my Dad. I'm just not in a rush to look like him. When my dad lost his hair, there was no help. If your hair got thin, you lived with it...and wore I hats. But now, yay, help is here!

22

I love everything about you. The way you feel. The way you smell. The way you look first thing the morning. You make everything fresh and exciting and full of new possibilities.

23

I like my job, but too long ago my job was threatened. I developed carpal tunnel syndrome, which about one out of every ten people has, too. My wrists were in pain from being on the computer keyboard all day. I was worried. If I couldn't get it fixed, I'd have to re-train for another career.

24

(Stuffy-nosed man) This is bad. I've got a fever and a cold and (cough) she expects me to take her out tomorrow. If I don't, she'll just sit on that couch, staring at me, making me feel guilty. I better find the Coldaway, so I can get some relief, so I can rest, and be there for her in the morning.

(Tweeting of birds. Nose is cleared up.) Okay Sweetheart, ready to go? (Bark) Come on girl!

25

This year, I finally faced the facts. One, I hated the way my body looked. And two, I just couldn't wear some of the styles I wore before I had my kids. There was just more of me in places than there used to be...and all the dieting and exercise in the world wasn't going to make it go away. So, I found another answer.

26

Wow! These are so cool. I just gotta have them. Let me try them on. Oh no! What do I do? I really want this but I can't live without these jeans. I know – try them both on first. Then choose!

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I love shopping for clothes and I love wearing them. It's all about variety and expressing myself. I like to be noticed – who doesn't - right? It makes everything so much more interesting.

28

I just love being spontaneous. I'm going to treat myself to a new hairstyle. I love the way you can re-style and completely transform your appearance. Decisions, decisions... I need something different.

29

What a set of wheels. It's got everything... and then some. Hey, it set me back a little more than the basic model, but this baby's worth every cent. I love the reaction I get from my friends when I drive up in it.

30

Y'know, my folks have always been careful with their money and stick to what's practical. It may be sensible, but man, is it boring?! You only have one life, so why not live a little. It makes life interesting.

31

I'm on a date with Alicia tonight and of all the things – no toothpaste. Maybe I could just chew a few mints...No - it's no good pulling up in my new car and then scare her away with teeth that look like they've been grinding coffee, and breath that smells of garlic. I still have time to stop at the store on the way over.

32

Okay Moms, if you're like me, your kids...well...drive you crazy! "I'm bored," "Can we go to the movies?" "When's Dad comin' home?" Thank goodness, there's a solution.

33

I know having a baby is no big deal. Everybody does it. But it's new to me! It's exciting and scary, and there's so much to know and so many things to think about. I'm so glad I have IHO.

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Yesterday, my daughter said she'd die if she didn't get these new shoes everyone's wearing. Well, if it wasn't for Shoe Barn, we'd have lost a daughter. See, at Shoe Barn, I can afford to keep up with the latest craze, because they don't go crazy with the prices. Now she says she can't live without a new pair of jeans. Oh well -- we'll miss her.

35

So, I'm just hanging out at home, ya know, watching the tube, when the phone rings. It's my best friend reminding me that tomorrow's Valentine's Day!!! I feel the sweat begin to drip off my palms as I realize ... I'm dead!!! No money in my pocket, no gift in my hand!!! "Wooooah," says my friend. "Don't sweat it! There's Faye Jewelers."

36

(SFX: MAN MAKING O-O-OH AND A-H-H- SOUNDS)

WOMAN: (calling from next room) Walter...what in the world are you doing in there?

WALTER: Can't talk now, dear, I'm checking out this great website...I've never seen so many beautiful...

WOMAN: Walter, are you on one of those adult websites?

WALTER: Well...uh, I *guess* you could call it that, dear...It's for adults looking for...

WOMAN: (Bursting into room) You're in big trouble, mister... What the...

WALTER: Just look at all of the beautiful cars and trucks at carland.com! No wonder they call it America's Car Center.

WOMAN: There must be at least a thousand to choose from.

(SFX: KEYBOARD RAPID CLACKING)

WALTER: Emily, what are you doing??

WOMAN: I'm downloading the Carland's Protection Guarantee that says if we find a new vehicle for less within 5 days, they'll buy it back or pay the difference.

WALTER: Oh...

WOMAN: Then. I'm putting carland.com on our 'Favorites' list so we can enjoy it you know...after the kids are asleep...Say...are you wearing a new after-shave? Wow!