

PRESENTING

7 Keys To

WALKING OFF YOUR MAP

Ordinary Life to Extraordinary Purpose

WITH TONYA TELESCO



KEY 1

UNVEIL YOUR MASTERPIECE

It's been said, if you put a small value on yourself, rest assured the rest of the world will not raise the price. Believing in yourself and building a strong self-image is key to reaching your potential. It is the starting point for this journey. People cannot outperform their self-image; it is impossible to sustain.



Action Ideas:

1. START taking notice of your self-talk. Is it positive and encouraging or critical and negative?
2. STOP comparing yourself to others.
3. Learn about your strengths, what motivates you, what stresses you out and much more through online DISC Personality Assessment (only \$12.95)
Order at <https://www.tonyatelesco.com/store>
4. Take inventory of your natural gifts, talents and abilities
5. Write down 25 qualities you like about yourself

"When you realize your self-worth you can stop giving people discounts." ~ UNKNOWN



KEY 2

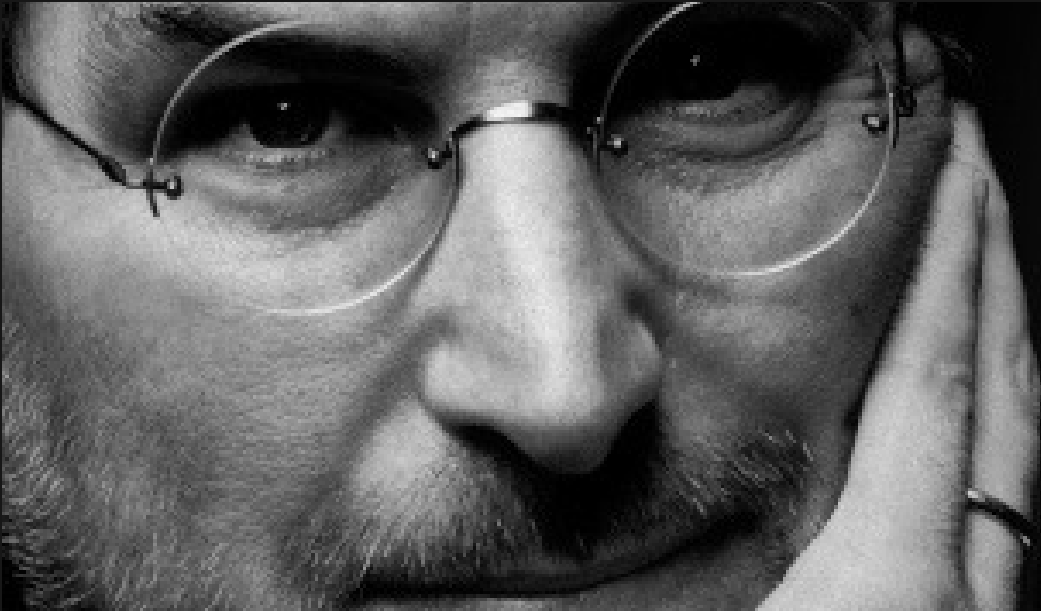
IDENTIFY YOUR PASSION

Life is too short to live without passion. It's been said, "One person with passion is greater than 99 who only have an interest." Genuine passion stirs you to point of saying, "I must do something about this!" It's the thing that would cause feelings of regret or remorse if you didn't make a significant difference before you die.



Genuine passion is always connected to your purpose, but in this world we have lost our ability to connect with it. There are many distractions that separate us from what really ignites us, so we must seek it out.

Every person has been given a special intolerance for the status quo in some area. That specific area will energize you to be an unstoppable agent of change. Even if you haven't identified it yet, **KNOW** it is there and will give you a unending supply of energy to serve many around you.



Action Ideas:

1. Take notice of what brings a sense of energy to your life!
2. Take notice of what depletes you and move away from it.
3. What fields of study, reading material, and role models have you been attracted to like a magnet?
4. What challenges has life thrown your way creating a deep-rooted emotional pain you want to eliminate for others.
5. Lean into that passion and take action daily no matter how small the step.

"DON'T BE AFRAID OF BEING STUCK, BE
TERRIFIED OF BEING MEDIOCRE."

~ TONYA TELESKO

KEY 3

CULTIVATING AN ATTITUDE OF GRATITUDE

Attitude is a driving force in your life. There can be two people in the exact same situation, but their attitudes create a completely different result.

The law of polarity says everything has an opposite (EX: hot/cold, positive/negative). You cannot be both positive and negative at the same time. What's important to understand is you get to choose.

The best way to do this is by cultivating an attitude of gratitude in every situation. I have always believed that the two most important words in the English language are "THANK YOU." For almost 20 years I have kept a gratitude journal and every morning I write down all the wonderful things that took place the day before.

They may be as small as a butterfly in my backyard or as big as landing a huge business deal. This process has changed me because my internal radar attracts and discovers the good in tough times and difficult people.





Action Ideas:

1. Start a gratitude journal – identify 5 positive things each day
2. Begin looking for the “opportunity” in every negative situation
3. Tell people “thank you” more often
4. Reach out to one person a week to show appreciation
5. Read and listen to inspirational resources daily

“Don’t despise small beginnings because within them lie your greatest victories.”

~ TONYA TELESCO



KEY 4

EVALUATE YOUR INNER CIRCLE

This is a biggie! I wish I understood the gravity of this principle decades ago. Jim Rohn puts it this way, “You are the average of the 5 people you spend the most time with.” Now I realize that’s a big statement to digest but what if your relationships are the window into your future?

I am not suggesting you should abandon all your current relationships and trade them in for new ones, but I am encouraging you to honestly examine their influence in your life. Which ones are positive and which are negative?

What individuals eagerly express their disapproval and devour your hope and which ones call you up to a new level and believe in the beauty of your dreams? Your inner circle will oftentimes be the determining factor if you walk in ultimate success or failure.

Action Ideas:

1. Make list of you Inner Circle
2. Take notice of the impact they are having on your life and attitude
3. Identify 3 People you respect and would like to know better
4. Make a list of questions that would help you learn more about them
5. Invite and treat them to a cup of coffee or tea





“When someone shows you
who they are . . . Believe them.”
~ MAYA ANYGELOU



KEY 5

TAME YOUR TONGUE

Words are the currency of your life. They create and destroy, they build and burn down, they save and condemn. They can be stronger than weapons in drawn out battles because like the human spirit, they are eternal. Throughout history, words have had as much power as the sword. Revolutions have been ignited, men have been stirred to battle and dictators have manipulated entire countries . . . all by the power of words. So, if a million people say the wrong thing, it's still the wrong thing!

Take ownership of your life with two of the most powerful tools you have been given: the thoughts you think and the words you speak. Examine them and filter out anything you do not want to show up in your future. Begin to speak intentionally instead of reacting unconsciously because your words possess the immeasurable power to change your life and those around you.

"THE LIFE AND DEATH OF YOUR DREAMS
ARE ON THE TIP OF YOUR TONGUE"

Action Ideas:

1. Identity one thing you say to yourself that needs to be annihilated.
2. Write out a positive trait you want to develop and speak it over yourself daily.
EX: I am patient
3. Identity one negative thing you say to others, including saracasm, and STOP it.
4. Write out 3 phrases to say when conflict arises. Examples: “I got this!, It’s time to shine!”
5. Create a short vision statement of the person you want to become and read it out loud every day.

“Believe you can and you are halfway there.”

~ THEORDORE ROOSEVELT

KEY 6

START BEFORE YOU'RE READY

Most of us never feel ready to take action when it comes to trying something new. It makes us feel unprepared, uncertain and many times trepidation will try to raise its ugly head.

However, if it were comfortable and easy it wouldn't be growth. Just like we are never entirely ready for marriage, children, or to start a new business or move into a new city, you are never ready for growth.

Zig Ziglar once said, "You don't have to be great to start, but you have start to be great." So start before you're ready because there will NEVER be a perfect time to do something that stretches you. Remember, there is power in the take-off, in getting airborne. After you get launched, you can make course corrections, but just get started!

Action Ideas:

A man in a dark suit and white shirt is sitting on a large, rectangular cardboard box that has been ingeniously constructed to resemble a rocket ship. The box has a pointed nose cone and a tail section with four fins. The man is positioned as if he is launching or riding the rocket, with his arms outstretched and a look of excitement on his face. The background is a vast, cloudy sky, suggesting a high-altitude launch or flight.

1. Identify one area you will launch into despite not feeling ready (EX: exercise, eating healthy, writing book)
2. Find 3 resources that will help you learn, grow and be encouraged in that area
3. Pick a date to start
4. Find a friend to hold you accountable
5. Write out 7 small steps you will take for the next 7 days (REPEAT)

KEY 7

LET IT GO

Letting go is crucial to reaching your potential. There have been more destinies shattered and purposes derailed because people choose to stay tied down to the chains of their past or remain offended by others.

As they say, unforgiveness is like drinking the poison you intended for someone else. Forgiving ourselves and others, no matter how difficult, is key moving forward.

Afterwards, you can develop the habit of living out of your imagination and not your memory. You can place your energy and thoughts on your future because that's where you are going to be spending the rest of your life.

Because circumstances and people won't be able to get in the way of the vision in your heart, you will create the outcomes you desire and accomplish extraordinary things.

A woman with long dark hair, seen from behind, is holding a wire cage aloft with her right arm. Numerous birds are flying out of the cage into a cloudy sky. The woman is wearing a dark, sleeveless dress. The background shows a line of trees and foliage at the bottom, suggesting an outdoor setting.

Action Steps:

1. Identify areas you have not forgiven yourself
2. Forgive yourself and release it
3. Identify people who have let you down, hurt your feelings, taken advantage of you, etc.
4. Forgive and release all of them
5. Repeat above 4 steps for the rest of your life.

“It’s never too late to be what you might have been.”

~ GEORGE ELIOT

THANK YOU!

If you would like Tonya to speak live at your next event, please
contact us at:

<https://www.tonyatelesco.com/contact>
or call (817) 905-5858