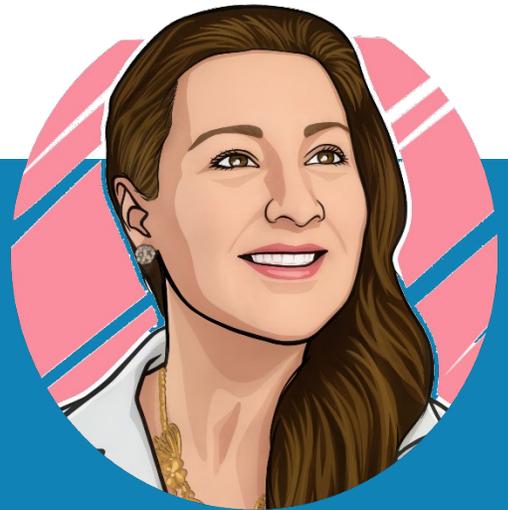


ADRIANA & COMPANY™  
A DIVISION OF COACHING INSPIRED LLC  
DEVELOP | CONNECT | HEART | MINDSET  
a Adriana Rosales Brand

# SPEECH GUIDE

## *Planning Sheet*



Adriana Rosales, Author, HeartMath® Coach & International Speaker  
**DEVELOPING YOUR VOICE BY SHARING YOUR STORY**

Forbes | Coaches  
Council

2020  
OFFICIAL MEMBER

# Speech Guide Planning Sheet

Who is your audience?

What is your objective?

## STEP 6 (OPENING)

## STEP 7 (CREATIVE)

## STEP 1 (SUBJECT)

## STEP 3 (AGENDA) Topics

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## STEP 4 (BODY) Four Stories You Will Share

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## STEP 5 (SUMMARY) In One Sentence

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## STEP 2 (CONCLUSION)

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## THREE THINGS I LEARNED AS A SPEAKER

I often get asked how I get hired for international speaking engagements and how I ended up publishing seven books. How was I able to gain so much traction? and how did I do this as a collage drop out and single parent. Well, that answer was not always easy, but the ideas and life philosophy I had were simple. In my mind I understood *three simple things*.



*One*, I had to master the ability to reason with FEAR and be ok with being AFRAID and still making things happen. Fear and courage are best of buddies. Treat them as such.

*Two*, I rarely took advise from the people around me. This made me a maverick and an outsider. Instead of listening to others I listen to my gut and my heart. I've been right about 99.99% of the time. (I also read only from the people I most admire) When close friends said to take a right or marry someone, they liked I would take a left and disregard the entire marriage idea as propaganda behind the concept of "till death due us part".

*Three*, it was clear to me that I needed to have goals and a life plan that was bigger than me and bigger than my immediate needs. Once I understood this my life gained momentum. And, of course I never gave up. Success leaves clues and these were my clues. Fear is a friend, listen to no one, question everything and let your heart or gut tell you what really matters to you. Goals must be beyond the material realm.

*"If you would not be forgotten as soon as you are dead, either write something worth reading or do something worth writing." —Benjamin Franklin*

The keys to true achievement and success rests in our ability to give and help others grow in life. Our greatest western wisdom keeps understood this and when the focus in life is about service and about helping others, we can look back and you can see *that having a life philosophy is way more important than accolades and extravagant goals*.

When I think about my greatest asset in life, I think about my ability to live a life philosophy that fits me. One way I do this is through sharing my story. I have learned we can all know ourselves better by what we share. So, share and share often and do it like your life depends on it. Much Love Adriana