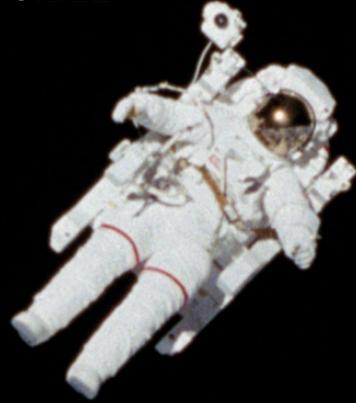




KTELUS

MAGAZINE BE THE BEST YOU POSSIBLE



Attitude:

5 Toxic Warning Signs

Go Mindset

Your First 90 Minutes Routine

Be Better

Habit-Building Hacks

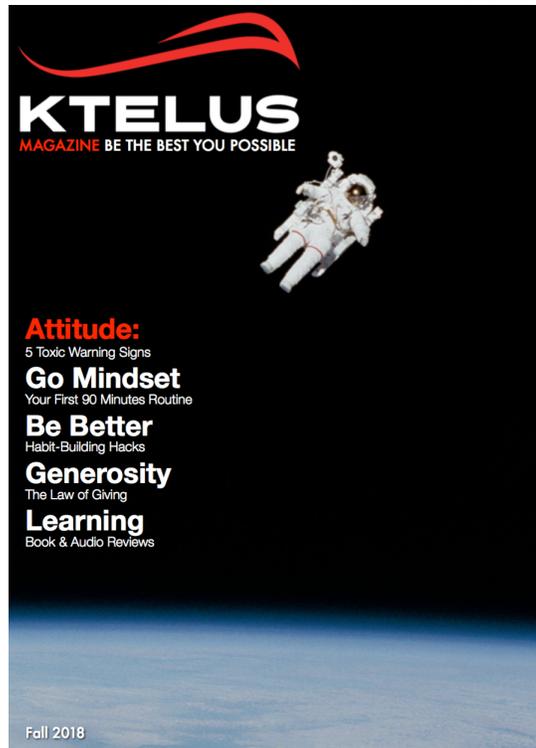
Generosity

The Law of Giving

Learning

Book & Audio Reviews

Fall 2018



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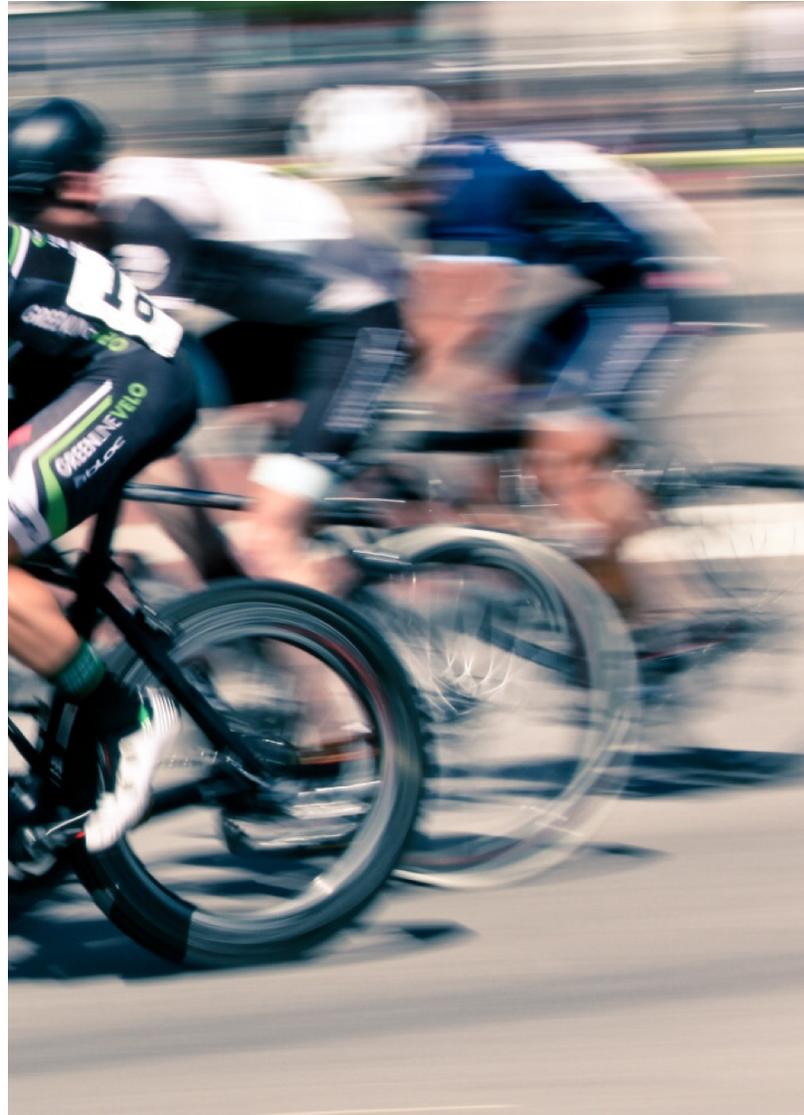
From the publisher

Don't wait for it. Create it. When it comes to doing what matters, what are you waiting for? Activate your beliefs by doing something meaningful. People hear what we say, but they believe what we do.

Before my wife and I moved into our neighborhood, we were invited to a neighbor's house, and I noticed he had a fire pit out back. Soon after we settled in, I decided we should create a fire pit in our yard, too, so we could invite our new neighbors over.

Taking action with others makes the memory greater than if you do it alone — like working out with someone or hiking with a friend. So I called my neighbor, Mike, and he came over to help me scout out where we should build the fire pit. We live on six acres and I wanted to pick just the right spot.

Pointing to the sky, Mike said, "This is the perfect spot because you have no trees directly above you." Our house is surrounded by pine and citrus trees, so finding the cleared area was a prudent idea on his part.



A few days later, I returned to the exact spot Mike had located and began clearing the grass and digging the fire pit. I later texted Mike and asked, "How deep is your fire pit?" He replied, "It's not." I had goofed up and dug a nearly three-foot hole in which nothing would burn because no oxygen could reach it.

I quickly fixed my mistake, and just a few weeks later we texted our neighbors, inviting them over for a midweek "S'mores Fest" around the fire pit. We had a blast as kids and parents enjoyed making fun memories together.

Creating the environment to make those memories with neighbors and friends said "I care about you" more than the words alone could convey. What action can you take to show what you really believe? —Tim DeTellis





Go Mindset: Your
First 90 Minutes

08



Be Better: Habit-
Building Hacks

12



Generosity: The Law of Giving

18



Learning: Book & Audio Reviews

20

KTELUS MAGAZINE

Your source for content that helps you be the best you possible.

03. From the Publisher

People hear what you say, but they believe what you do.

08. Go Mindset

Jumpstart the first 90 minutes of your day.

10. Attitude: 5 Toxic Warning Signs

The attitudes to be aware of and why.

11. Daily Declarations

How to shape your thoughts and words.



12. Be Better: Habit-Building Hacks

“Things may come to those who wait, but only the things left by those who hustle.”—Abraham Lincoln

15. Show us your KTELUS

Where are you going? Share the views with us.

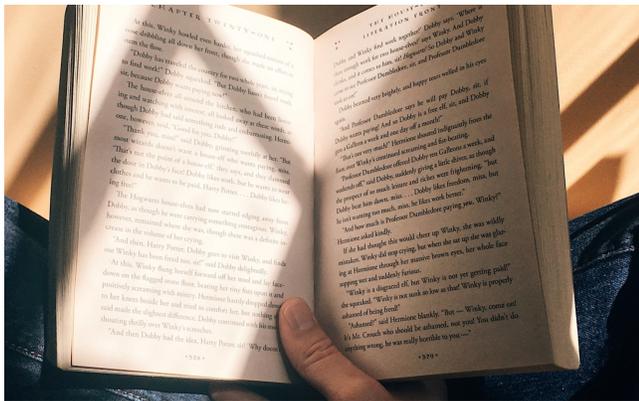
18. Generosity

“We make a living by what we get. We make a life by what we give.”

—Winston S. Churchill

19. The Law of Giving

You don't have to be rich to be generous.



20. Learning: Book & Audio Reviews

Be a lifelong learner.

“Everyone thinks of changing the world, but no one thinks of changing himself.”
—Leo Tolstoy



26. The Growth Mindset

“God provides the wind, but man must raise the sails.”
—St. Augustine

28. Instagram Highlights

30. Attitude Declaration

31. New Hat

32. Latest T-shirt

Go Mindset

Your First 90 Minutes Routine

You react more than you think. From emails to meetings and demands from others.

Take ownership of the first 90 minutes of your day. The start of your day will determine the momentum of your day.

I have three goals with my first 90 minutes.

1. Be silent. I want time and space for nothing. Typically, I leave my phone in the house and go outside. The purpose of my “mind time” is to establish deeper clarity and peace.

2. Exercise. After I recharge my mind, I focus on my body. I have three daily exercise routines: jumping jacks, push-ups, and swimming. Exercise is like espresso for the body.

3. Review projects. I practice a top 3 and next 5 to-do list routine so I can quickly see what is in front of me for the day. Clarity is the gift the leader gives a team. Lead yourself first.

How can you design your ideal first 90 minutes to start your day and to help build a better you? Think

about what leaves you feeling your best. Anticipate your next morning routine, and you will wake up wanting to jump into action.

Maybe it's as simple as enjoying your favorite breakfast. This may require you to prepare some food the night before.

Give yourself this gift of a morning routine. You will find life is not as rushed. Even if it means waking up earlier or making preparations the night before, you'll benefit from taking action and owning your day. — Tim DeTellis

SAMPLE MORNING ROUTINES

5:30 A.M. WAKE UP

MEDITATE

7 A.M. COFFEE

EXERCISE

7:30 A.M. SHOWER

7:45 A.M. BREAKFAST

8 A.M. LEAVE FOR
WORK

6:00 A.M. WAKE UP

WALK/JOG (listen to
podcast)

7 A.M. BREAKFAST

7:15 A.M. SHOWER

7:30 A.M. READ &
REVIEW DAY

8 A.M. LEAVE FOR
WORK

6:30 A.M. WAKE UP

READ AND PRAY

6 A.M. BREAKFAST

6:15 A.M. EXERCISE

7:00 A.M. SHOWER

7:30 A.M. LEAVE FOR
WORK



Attitude:

5 Toxic Warning Signs

Attitude defined: A settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior (so says Webster's Dictionary).

Our attitude is what people experience when we are around them. They can see it. Feel it. Hear it. And most importantly, they will remember it.

The power of a positive attitude is that people can be attracted to it. Our positive presence is what people want to be around because it makes them feel better when they are. Conversely, here are five toxic warning signs of an attitude you want to avoid.

1. Gossiper

The person talking about someone who is not in the room is someone who will be talking about *you* when you are not in the room. No one wants to be on the receiving end of that, so don't be on the giving side of it either.

2. Bragger

Remain humble. Listen and ask questions. As the movie "American Gangster" aptly suggests, "The loudest person in the room is the weakest person."

3. One-Upper

Have you ever shared with someone a story of something great in your life, and before you can finish your last sentence they jump in and tell a story that is bigger and better than yours? An appropriate response to someone's great story is, "I'm so happy for you." Celebrate their win. Don't try to one-up them.

4. Downer

The sky is falling, the sky is falling! All this person sees in life are the problems around them. They focus on the shortchanged moments when luck did not show up in their favor. Don't fall into their trap. Instead, remember the value of the little things.

5. Excuse-Maker

Are you renting or owning your life? Someone else cannot make your life better for you. When you are around people who make endless excuses, their lack of work ethic and passion will negatively affect your efforts. Wake up and own today with an activating mindset. Skip the excuses and take action.

Daily Declaration

for the attitude that makes a difference.

May my
thoughts
be positive
not negative,
and may my
words be
helpful not
hurtful.

**Your
difference-
making
starts by
what you
think and
say.**

Be Better

Habit-Building Hacks

What are your daily disciplines?

If you want to incorporate a new habit into your life, try these three hacks.

01. Establish a place for the task. If you want to do push-ups each morning, identify a specific place — like your outdoor patio —

where you do the push-ups each time.

02. Set up a trigger, such as a song or a time of day, that alerts you to execute your new discipline. This gives you a consistent reminder and places you in the mindset for the habit.

03. Give yourself a reward for completing

the habit. It can be something as simple as a one-minute breathing break or a self high-five moment. Celebrate the little wins.

Consistency is key, so start with a short-term goal (try seven days) and you will see your habit stick.





WHEN YOU WORK HARD YOU GET WHAT YOU WISH FOR

“Things may come to those who wait, but only the things left by those who hustle.”

—Abraham Lincoln

“It’s not whether you get knocked down; it’s whether you get up.”

—Vince Lombardi

“Whether you think you can, or you think you can’t — you’re right.”

—Henry Ford

“Do or do not. There is no try.”

—Yoda, The Empire Strikes Back

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

—Thomas Edison

“Someday is not a day of the week.”

—Janet Daily



You

Show us your
KTELUS

Submit your photos and videos to us: info@KTELUS.com



Seizing the day with a six-mile hike at 9,000 feet in Colorado. Photo submitted by Mark Lee



Photo submitted by Mark Lee



Generosity

At the local sub shop, I left my wallet in the car and stuffed a twenty-dollar bill in my pocket because I was operating on an all-cash budget. Standing in line, I looked up at the menu pretending to decide what to order. I already knew it would be an Italian sub. I'm Italian.

I noticed as the woman in front of me, with two children at her side, reached into her shoulder bag and

shuffled around to find her wallet. It was not there. The man behind the register told her what she owed, but she had no money.

Reaching into my pocket, I pulled out the twenty and said, "This will cover it." Her total was nineteen dollars and some change.

She walked away — thankful — with her two

children and their sandwiches.

I turned to leave, since I now had no cash on me, when the man to my left said, "Can I buy you a sandwich? Go ahead and pick out anything you want."

Generosity is an attitude. Not an amount. —Tim DeTellis

The Law of Giving

What you sow is what you reap.

You don't have to be rich to be generous.

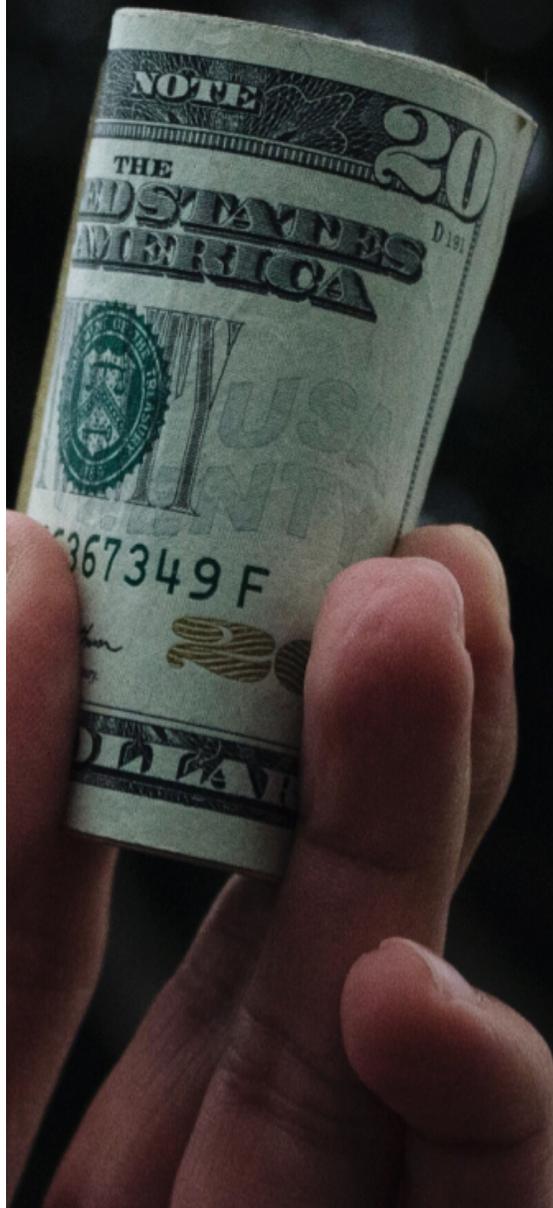
You can be generous with your time, talent, and money. Volunteer. Mentor. Give. Whatever you do, remember generosity is an attitude.

And by the way, **money is not a dirty word.**

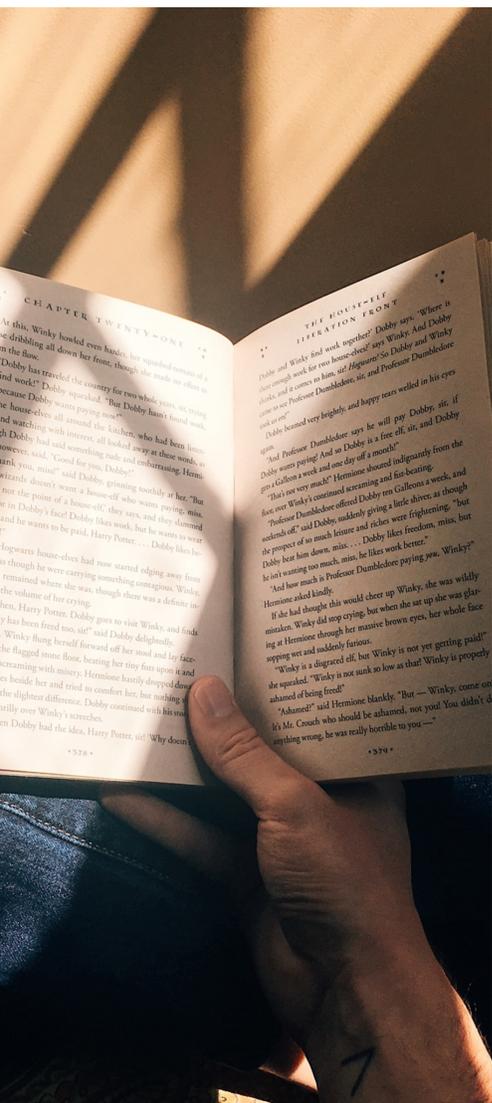
Go ahead and make as much money as you can, and then go give as much as you can.

“We make a living by what we get. We make a life by what we give.”

— Winston S. Churchill



Learning: Book & Audio



What you learn today will shape your tomorrow.

How to consume content to make life better.

- When you're exercising, listen to podcasts or your favorite tunes.
- Audio books make driving an environment for growing.
- Download your favorite podcast prior to your next flight and take your learning to new heights.
- When you're cleaning at home, pop in the earbuds and turn on some content that supercharges you.

- Do you have a chair or couch where you like to read? Find that special spot that you can call home to your learning environment.

Live a life of endless learning. Take it from these guys:

"Everyone thinks of changing the world, but no one thinks of changing himself."
—Leo Tolstoy

"Education is what remains after one has forgotten what one has learned in school."
—Albert Einstein

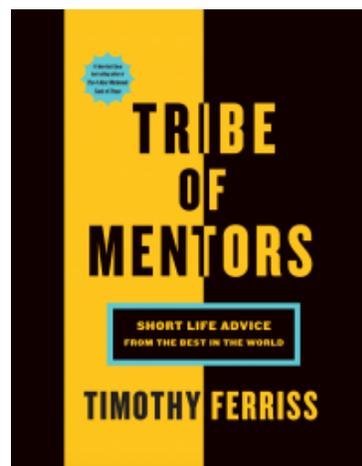
"Tell me and I forget. Teach me and I remember. Involve me and I learn."
—Benjamin Franklin

What are you reading? What are you listening to? We want to know. Share your favorites with us: info@KTELUS.com

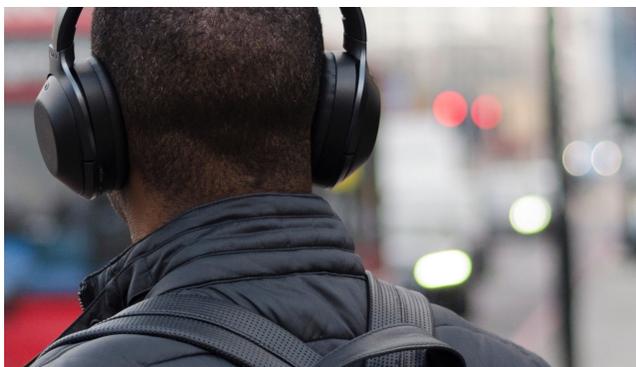


Tim Ferriss

The Tim Ferriss Show podcast and Tribe of Mentors book.



Live it Up by **Nicky Jam** featuring Will Smith & Era Istrefi



Donald Miller

Want to grow yourself professionally? Take a listen to the StoryBrand podcast with Donald Miller and read his latest book, *Building a StoryBrand*.



New York Times Best-Selling Author

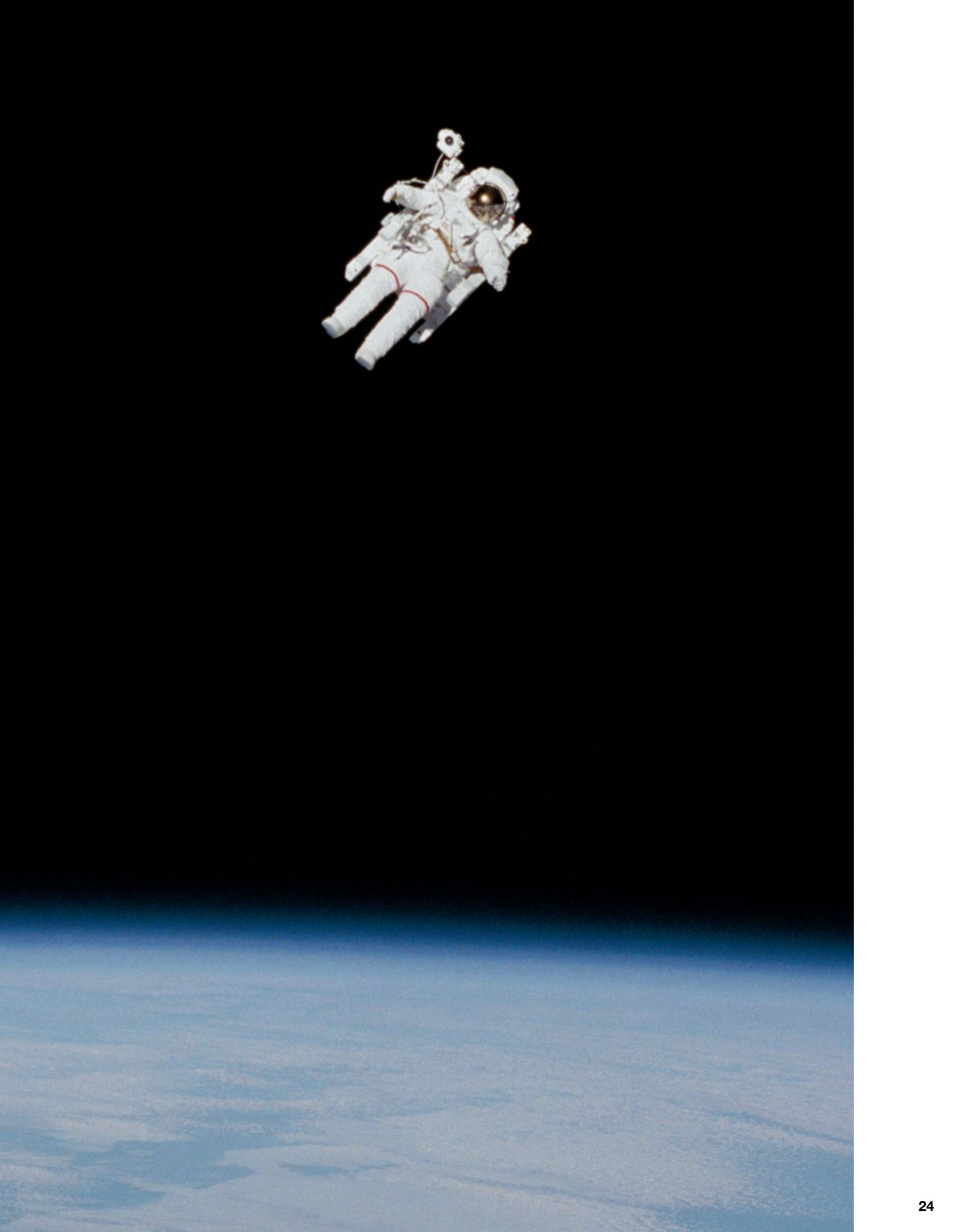
DONALD MILLER

BUILDING A **STORY** **BRAND**

"If you confuse you lose, noise is the enemy, and clarity is the fastest way to grow your business."
~Donald Miller



Clarify Your
Message So
Customers
Will Listen



**BE
THE
BEST
YOU
POSSIBLE**



KTELUS PODCAST



**YOUR MINDSET
IS WHAT
GETS YOU THERE**

The Growth Mindset

What are you waiting for?

Those who dream and do live successful lives. You can sit on the sidelines and think all day, but until you take action, nothing will happen.

Growth is about progress, not perfection. A growth mindset takes the lesson of failure and welcomes it. Failure is not a label; it is a lesson.

Take one step and the next step will be easier. You can't steer a car in park — you've got to be moving.

Three keys for living with a growth mindset:

1. Your mind is always hungry to learn more. Feed it. Read. Study. Observe. Listen.
2. Your actions speak louder than your words. Apply what you've learned and believe by moving forward. Application is the key.
3. Take someone on the journey with you. Synergy and accountability are powerful forces for progress.

WHAT

ARE YOU

WAITING FOR



QUOTES FOR ACTIVATING

“Do you want to know who you are? Don’t ask. Act! Action will delineate and define you.”
—Thomas Jefferson

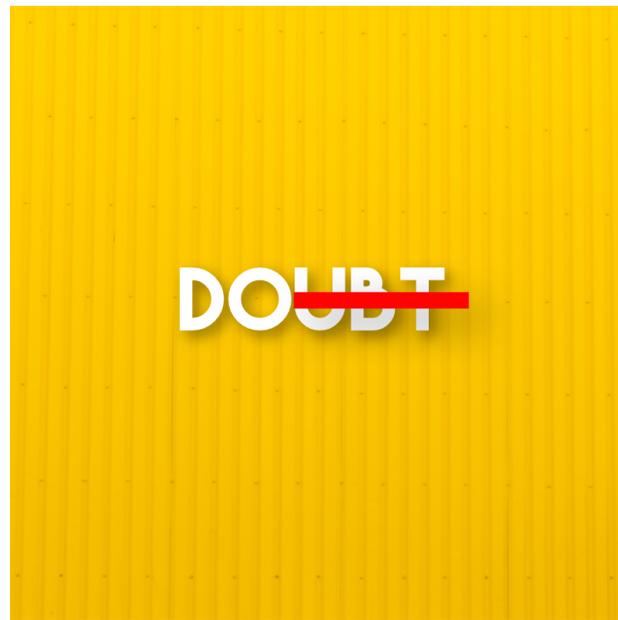
“The path to success is to take massive, determined actions.”
—Tony Robbins

“God provides the wind, but man must raise the sails.”
—St. Augustine

“Outstanding people have one thing in common: an absolute sense of mission.” —Zig Ziglar



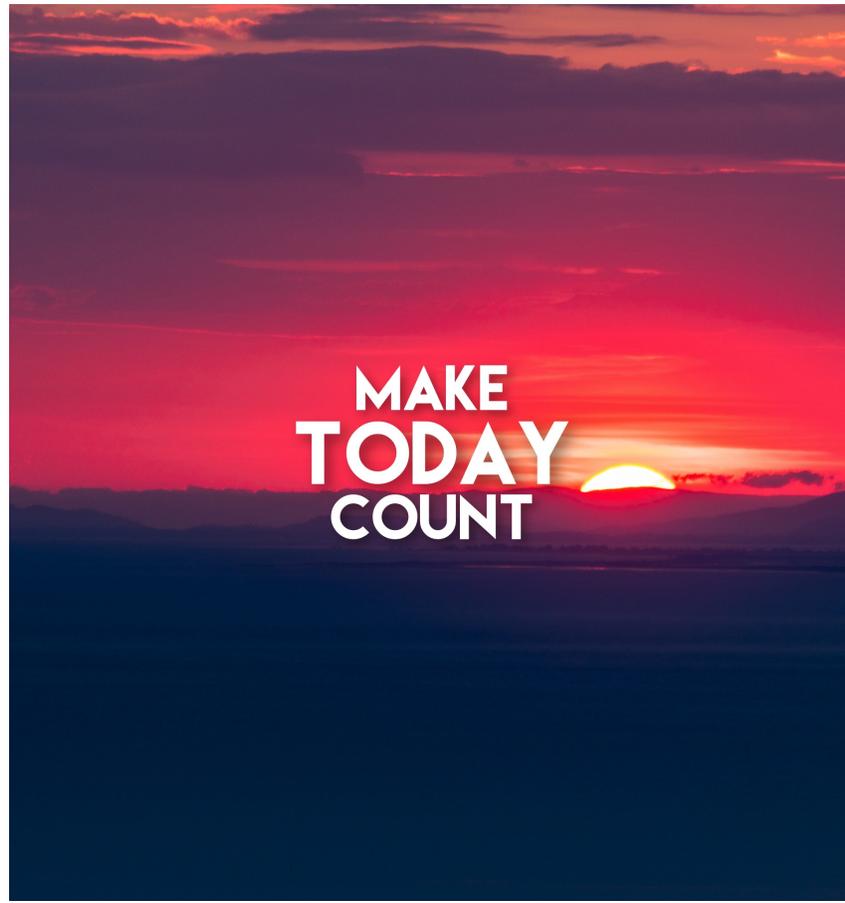
**GO THE EXTRA
MILE
IT'S NEVER
CROWDED**



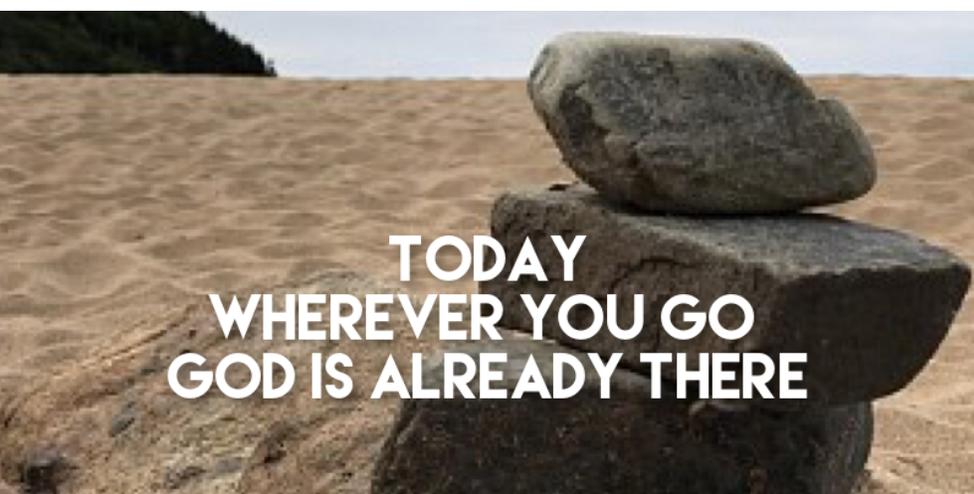
DOUBT



**WHEN YOU
WORK HARD
YOU GET
WHAT YOU
WISH FOR**



**MAKE
TODAY
COUNT**



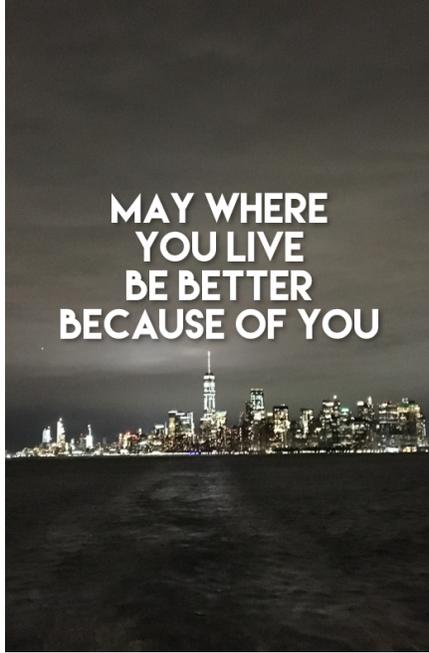
**TODAY
WHEREVER YOU GO
GOD IS ALREADY THERE**



**LOVE
YOURSELF
BECAUSE YOU
WILL ALWAYS HAVE
YOU**

YOUR THINKING
DRIVES YOUR
DOING SO
THINK **GREAT**

MAY WHERE
YOU LIVE
BE BETTER
BECAUSE OF YOU



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Engage your day with
ideas and thoughts that
help move you to be the
best you possible.

Feed your mind positively.

Grow your ambitions.

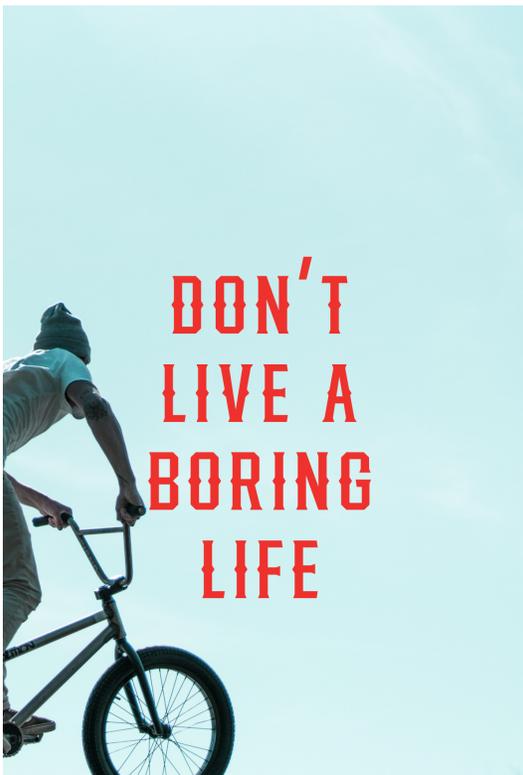
Live supernaturally
energized.

@KTELUS

STAY
CURIOUS



DON'T
LIVE A
BORING
LIFE



BE THE
BEST
YOU POSSIBLE





Be the attitude
you want to be
around.

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