



TAMMYTONEY.COM

TAMMY TONEY

Mrs. Elite Arkansas Woman of Achievement



"Passion & Perseverance: For long term goals you must have grit. Grit is having stamina. Grit is sticking with your journey day in and day out - not for the week or month, but for years of working really hard to make your future a reality. Grit is living life like it's a marathon, not a sprint!"

My mission as the next Mrs. Elite Woman of Achievement is to empower women to embrace life and discover their purpose after abuse - no matter what size, shape, color or age they may be. My desire is to instill my seven step program throughout the United States. I want to educate and raise awareness of abuse and share how it can be overcome with the proper help. I will be the voice for so many who no longer have their own. It's my goal for men, women, or children to get the personal and professional help they need through counseling, mentors, doctors, and pastors. I want to establish this program for everyone to walk in their new journey and accomplish their own goals so they can be successful in whatever phase of life that they are in. I want them to find the everlasting joy in their journey!

PLATFORM

"Dream Another Dream"

- My platform for women is to live their dreams. I want to help women find their purpose in life and new world. I especially want to help abused women find a second chance in life.
- I want to help women realize the joy and self worth in life that comes when you realize you can follow your dreams.
- I want to empower women and help them find that their real beauty radiates inside. I want to be their accountability partner by dusting off those forgotten dreams to create a new life.
- Our program will provide life counseling and one on one coaching. We will also provide participation in group chats to show women that they are never alone.
- We will assist women with community outreach programs to help them change their communities.
- My personal message is to inspire, encourage, and instill confidence in women of all ages, sizes, colors, and shapes - regardless of disabilities or past experiences.
- I truly want to make a mark and help women make a difference in this world by not only changing themselves, but empowering women to change the world!

SELF CHECK LIST

- Heart, head, and life right
- Mentor/accountability partner
- Work ethic
- Community Involvement
- Have a dream
- Church/relationship with Jesus Christ
- Daily Scripture or books on tape
- Being encouraged by a motivational speaker

"The only person that never makes a mistake is a person that never does anything."

-Theodore Roosevelt

"Don't make fun of people and their mistakes, instead congratulate them on their strengths and achievements. Be a voice of power and use encouraging words and affirmations. Don't be a voice of hate and bitterness that never sees someone's strengths while looking for their faults or weaknesses. Let's build each other up!"