

## PUTTING YOUR BEST FOOT FORWARD

We have all seen people who seem to exude confidence. They look tall, walk tall, ask for what they want, and usually get it. For the rest of us, we may find we second guess ourselves. Most of the time. And, we may leave it too late to follow through on what we want, leaving ourselves open to regret afterwards. But, it does not have to be that way. Here are three steps to putting our best foot forward, each and every time.

**Step 1. *Believe in Your Product, Project or Mission:*** Whilst we may not necessarily believe in ourselves, we may truly believe in the product, project or mission that we are currently involved in. Doing so enables us to step outside ourselves, and focus on those deeply-held convictions, when we communicate to others about them.

**Step 2. *Stand Tall, with a Smile:*** It is often useful to start the day with a really good stretch, reaching for the ceiling, as high as you can. You will find that your posture is much taller for some time afterwards, leaving you feeling more positive, capable and empowered. You may also like to smile, even if it is just to yourself in the mirror. And when you greet everyone you meet with a smile, you may find others cannot help but smile in return. Seeing your smile returned can leave you feeling more warm, content, happier and even taller than before.

**Step 3. *Turn Negative Self-Talk to Positive:*** Each time you find yourself engaging in negative self-talk, you can remind yourself of your own innate strengths, resources and capabilities that you can tap into. Alternatively, you can recall a time when you excelled at something or a powerful moment in your life. Visualise that memory so that you can re-experience the positive feelings that emanate from that moment in time.

You can then restate the negative self-talk into more useful positive self-talk or simply say something along the lines of: *I got this*. You may also find it helpful to wrap things up with a powerful song, such as *I am Woman* or *I Did it My Way*. You may also find mixing with positive people helps you do this naturally.

At the end of the day, you can look forward to a happier, healthier, more confident you. So what are you doing to put your best foot forward today?

