

## Look inside and out

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With the Pizzazz Factor I strive to help you develop a powerful presence... the ability to make great first impressions and to leave lasting impressions.

I give you tools to improve your posture and I show you how to use your positive body language to make others feel totally comfortable in your presence.

I encourage you to look at yourself in a more positive light as to improve your overall self image. An improved self-esteem is what essentially greatly affects our relationships with others and can lead to enhancing all areas of your life - social, professional and personal

All these tools can help you on so many levels, but to be truly radiant and striking - you have to have a certain contentment with your self and your life. You need to feel happy from the inside out.

### Happy and Healthy from the Inside Out

Now, let's face it - with all the hustle and bustle of life today, it is very difficult to find quiet "me- time". But it is important to also take some quiet time to do some self-searching. Time to get back to who you are - what your own essence is.

I recently got caught in the same trap that so many of us do... I got so caught up in the cut-throat business side of life that I woke up one morning and realized that I am not my happy self.

That was easy to fix though -

I sat down in the quiet of the early morning with my diary and started to write... I just wrote about nothing and everything and tried to remember what it is that really makes me tick - what makes me happy, and there it was... I remembered who I am and why I do what I do, why I make the choices I make.

Take some time for yourself and take a pen and paper and start to write. Write about who you are - write about the stuff you like about your self and remind your self who is the person under all the chores and responsibilities.

Remember the stuff that you are passionate about and see if you can find time in your week to fit at least one hour of that activity into your schedule.

Maybe you love to paint, or read fiction, or to dance or play an instrument. Maybe you love to knit or garden... what ever it is - don't let it disappear completely in the craziness of your life.

Rekindle the essence of you and incorporate your passions into every day if you can - if not every day, maybe just for at least one hour a week.

You will see that once you make a little time to come back to YOU, that is when you will find true contentment with the rest of your busy life and schedule.

Where there is true contentment and happiness, there is effortless radiance and beauty!

Kind regards

Vanessa Bader

P.S. I encourage you to consciously spend a little time with your self every day - even if it is only ten minutes.