

Success and Reward

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There is a gift that some people have… you know what I am talking about – that ability to charm and attract people wherever they go. I have a couple of friends that are like that. They walk into a room and every one notices, people hang on their every word and they have a way of making you feel good, no matter how crappy your day has been.

This is what Pizzazz is all about!

The ability to attract, the ability to inspire and to make people enthusiastic about almost anything. The Pizzazz Factor is the art of presence, posture, and poise.

Contrary to belief, charisma and charm is something you can cultivate. By starting with yourself and the way you move and act, you can create an air of confidence about you. Everybody wants to be confident… and the best way to become confident is to experience success.

Celebrate your Successes and reap the Rewards

We all have had some degree of success in specific areas in our lives. Your successes might be very different from someone else’s so you never ever want to compare yourself with anyone else. You are unique!

Make a little time for yourself, all you need is about ten to fifteen minutes every day. Sit down and identify the successes in your life. Quite often we totally discard those moments of elation and joy from our memories but the “failure memories” seem to be the ones that stick!

One of the very valuable things you can do for yourself is to reverse that process. Remind yourself of your victories and achievements more often and let those failure memories become a thing of the past. It helps to write your success moments down.

This way you will program your brain to think more positively about yourself. Once you remember the things you are good at you experience that feeling of accomplishment – that is the sensation you want to remember. The feelings you feel when you did great at something.

Now this can be any accomplishment… it doesn’t have to be huge. It only needs to be something that you feel proud of. It can also be an achievement from any time in your life, no matter how long ago or how recent.

Maybe you lost a pound in the last week, or you managed to write one page of the book you’ve been working on. Maybe you came up with a great idea or you completed a challenging task. Maybe you ran a marathon or you learnt to play a song on an instrument. What ever it may be… make sure you give yourself full recognition of it.

Remember that confidence comes from the inside out AND from the outside in – it is a two way street.

The moment we start rewarding ourselves for our achievements we also start getting a sense of gratitude. That is a very important factor in the process of cultivating your Pizzazz; your magnetic presence; your charisma.

So start becoming more aware and enthusiastic about your own achievements, and see how good it feels. You will instantly start feeling that sense of joy and gratitude that is so important in having that undeniable presence and confident poise. That sense of triumph and accomplishment will lead you towards more successes and more confidence.

Through basking in the joy of your achievements you can also get that sparkle behind your eyes that say – I am worth it, look at me world – Here I am!

You have the Power!

Kind regards

Vanessa Bader