

## It never rains but it pours

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We all go through different stages in our lives &ndash; good and bad, and you have no doubt heard the expression: &ldquo;It never rains but it pours&rdquo;.

Whether it is money matters, relationship or family matters, weight or health, a bad day at the office or hey, maybe even a bad month or year... I think almost everyone has at some point or another felt overwhelmed.

Those are the times when you just want to stay in bed and never get up again... you just want to sleep until the bad dream is over. You know you need to get up and start sorting your life out... but where do you even begin?

No matter what it is that has got you in a rut, no matter how big or small, you have to start somewhere.

The best place to start is with something you feel you have some kind of control over. It is always good to start with something simple.

Choose just one small thing that you feel you will succeed in. It might not even be something that is directly related to what the big issue is, but by doing that you are slowly repairing and improving your self-confidence.

Once you have restored some of your confidence the bigger more daunting tasks will start looking less intimidating and you will work your way through and before you know it, you have managed to get yourself out of that &ldquo;place&rdquo;. That rut you were in.

The Pizzazz Factor works just like that to restore your self-image and your confidence in your self and your abilities.

By starting with something you have total control over, i.e. the way you carry your body, your over-all posture and then expanding on that with positive body language, a smile and a positive attitude towards yourself, you have taken the first steps to becoming the more confident, more adored, more attractive you.

See, once you have learnt that you can also have the appearance and presence of a movie star or celebrity, you can also have the confidence of a CEO or a successful business owner, then you immediately start feeling more empowered in all other areas of your life.

You might already be in a position of power but you want to make sure you stay on top of your game. We all need a reminder sometimes, we all fall back into old habits so easily...

Once you apply the principals of the Pizzazz Factor people start reacting to you differently &ndash; more positively, and you will feel your self-confidence grow day by day.

So when you feel like life is getting you down and nothing is going right, those days when it seems like it&rsquo;s pouring and you wish for just a ray of sunlight &ndash; your self-image is completely non-existent, and your self-confidence

completely depleted... then draw on the principals of the Pizzazz Factor to get you back to the top.

Nourish your soul and your &ldquo;self&rdquo; with some self-love and self-respect and somehow everything else will start falling into place.

Kind regards

Vanessa Bader

P.S. No matter what it is that is getting you down, a good place to start is always your self-image and self-respect. The Pizzazz Factor can help you with that. Have a wonderful weekend!