

## Be a star

Monday, 02 June 2008

You know the saying - " Don't judge a book by its Cover" and " The clothes do not make the man"

Well, while that is true, dressing in the correct way can make a huge difference to the way you are perceived by other people. It can also change the way you feel and act - and that is what I am getting at.

### Dress for Success

Last night was formal night here on the ship. Well, I couldn't believe my eyes. Those same passengers I see dragging their feet all day, schlepping around like they couldn't care less about their appearance, looked like complete strangers.

Each and every one of them looked like a star! And more importantly, they were acting in a totally different way. All of the men were walking around looking dapper and confident, and the ladies beautiful and graceful.

So even though the clothes do not make the man or the woman, it can surely make you act and feel different. Taking some pride in your appearance can do a lot for the way you feel about yourself and the way you act around others. Isn't it true that when you are all dressed up you immediately feel more confident and self-aware - in a good way?

When I am studying a character for a play or a musical, it is so much easier to get into character as soon as I put the costume on. So in order to help you act the part of the self-confident, magnetic you, it is very helpful to dress accordingly. Specially if it is for a specific occasion.

But I like to dress a certain way when I leave the house, so I know that no matter who I run into or what the occasion might be, I always feel my best, and so I am able to act my best!

Now when I say look your best - I do not mean you have to spend a lot of money on clothes or always wear a suit - you can even look great in your workout clothes if you wear it with the right attitude and you are groomed well.

It doesn't mean that because you are going to now work out you don't have to brush your hair or wash your face.

All I am saying is - dress the part and make sure you are happy with your own appearance before you walk out the door. If you can look in the mirror and say - I look my best, then you can more easily feel and act your best for the rest of the day or night.

The Pizzazz Factor will open many doors for you, and show you easy ways to unleash the charismatic, self- confident and magnetic person within you!

Vanessa, If you can imagine it, you can be it! You have the Power.

Kind Regards

Vanessa Bader

P.S. In the Pizzazz Factor I show you how you can have a Powerful Presence through Improved Posture, Positive Body Language and Great Self-image.