

Image and You
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Begin with a new personal commitment: I deserve to have the best life I can dream, even better. Part of manifesting this life into reality is making a commitment to being the best that I can be, from the inside out. I know all change starts from within. I CAN reach my potential best on every level, it starts from the inside.

The zipper is on the inside...

Let's take the mind over matter approach. Image and Attitude are a frame of mind.

This workshop will use the IMAGE technique:

Here's How...

Individualize Your Image

Mental Approach to Image

Attitude IS Everything

Goal Setting

Empower Yourself - Believe

Individualize Your Image

Three Key Points

- 1. Wear that which gives you confidence**
- 2. Wear that which you need not adjust**
- 3. Wear a style that lasts**

- △ You should be able to do brain surgery in your outfit**
- △ You should wear a style that flatters AND is comfortable**
- △ First Impressions do matter!**
- △ What do you want your image to say about you?**

Is your image speaking for you or against you?

Mental Approach to Image

Three Key Points

- 1. Excuses are a state of mind**
- 2. Obstacles or Excuses**
- 3. What do you really want to change about your image?**

- △ What holds you back from looking and feeling like you desire?**
- △ If you want to change something, why aren't you?**
- △ Is this an excuse or a true obstacle?**

What price do you pay by staying the same?

Attitude is Everything

Three Key Points

- 1. How you behave affects how you carry yourself**
- 2. How you hold yourself affects how those around you interpret your intentions**
- 3. How others receive you impacts how you respond to them**

- △ Learn to REFRAME**
- △ There are no positive or negative circumstances**
- △ You are in charge of your choices**
- △ Only you can make LASTING changes in your life**

What is your relationship with you like?

Goal Setting

Three Key Points

- 1. Set realistic goals**
 - 2. Give yourself deadlines**
 - 3. Update your goals**
- △ Make sure your goals are your own**
 - △ Make sure your goals are measurable**
 - △ Make sure you KNOW when you've achieved your goals**
 - △ Know your REAL goal**

How will you feel once you reach your goal?

Empower Yourself - Believe

Three Key Points

- 1. You have a moral obligation to take care of you**
- 2. Think of how you want to present yourself**
- 3. What are you doing to get in your own way?**

△ Why aren't you taking great care of yourself?

△ What is stopping you from being your best?

△ What are you doing to get what you want?

Image isn't just an attitude, it's a way of life

What are the excuses that hold you back from looking and feeling your best?

What do you need to do different, today?

If you were your own best friend, what advice would you give yourself?