

## First Impressions

Who doesn't want to make a great first impression? One of the primary goals of this course is to give you the tools you need to feel empowered walking into a room, knowing that you are presenting yourself and your message with confidence and enthusiasm. If you are interested in hitting it out of the park right from the start, then follow these simple guidelines to impressing everyone you meet.

Remember, people remember the way you made them FEEL, not the words you actually said. Make a great first impression, by allowing your awesome energy to flow through you. Here's how:

- 1. A Confident Handshake:** Your handshake is an indicator of your inner energy flow. When I connect with a limp, weak handshake, it tells me that the person is not truly connected to their inner strength and light. A confident handshake is firm not forceful, forward, not retracted and warm above all else.
- 2. Strong Eye Contact:** The best gift you can give someone is your undivided attention. When meeting a new person, really look them in the eye. You can learn so much about them by looking into their eyes. Really pay attention to the expression on their face, their state of mind, and their needs. Believe it or not, those answers shine through their eyes. Take a look and see for yourself.
- 3. A Warm Smile:** Never underestimate the power of your smile. In addition to making you feel vibrant, you are also projecting your good energy to everyone you meet. A genuine smile indicates a positive, warm personality. On the flip side, a frown tells the world to back off...you're not interested. One smile and everyone wins.

This week, pay attention to how you greet new people. How do they greet you? Are there ways in which you can adjust your approach to turn up your positive vibes? Try it and see. Great new relationships await you.