**How to get ready for prime time**

Deion Sanders also known as ‘Prime Time’ who was a famous American football player once said a quote that to this day stands the test of time. The quote was “If you look good, you feel good, if you feel good, you play good, if you play good, they pay good.” In this post were going to explore this quote a bit more and split it into a 3 step progression that will have you ready for you personal prime time moments in life.

**Step 1: Make sure you look good**

When it comes to taking advantage of an opportunity people often forget the 1st step which is to look like you want it. Offen times when opportunities present themselves to people they shy away from it due to a multitude of reasons but the main one is usually a lack of confidence. Hence why this is the 1st step because when you see someone with confidence attempting anything in life you can just tell by how they look that they are confident, and that confidence can’t be fake it has to come from a place of true belief that you are capable of completing whatever challenge you are going to be faced with.

So with all of that being said step 1 is to work on your confidence/self-esteem, because there is no telling how your opportunity will come around so putting all your confidence into your ability to do a certain thing won’t be enough because often time opportunities come hidden behind things we are not comfortable with so building your confidence based on you as a person will allow you to stay ready for anything that comes your way.

**Step 2: Make sure you feel good**

This step requires you work hard but more importantly work intentionally. You see if you want to feel good about taking on a challenge there’s no better feeling than knowing you’ve done the work required for the task. The approach most people like to talk about is how it’s important to work hard and smart but they tend to leave out a level of intention that makes the difference when competing against anyone in any field.

People like to copy one another and look for what works for most and copy that it. Which is fine, but the problem with that is if you will never be better than the rest if you do the same as them. Because most people understand they just add more volume to their work load. While this can often be an effective method it is also likely to lead to burning you out before you get a chance to take that opportunity.

So what should you do, well that’s an answer that only you know because you have to go off the beaten path and try things that work for you because once you go through that trial and error of finding out what works for you will feel better than you ever have before and that feeling mixed with an improved self-esteem makes the last step more of a formality.

**Step 3: Make sure you play good**

Once you’re comfortable with the last 2 steps and you are faced with the opportunity you wished for there’s only one thing to do and that is to stop thinking about the outcome. Most people fail before the begin because they are so tied to the outcome, they feel as if that moment is the only they’ll ever have and they become too scared to put their best foot forward.

But if you instead bring your mind back to the intentional training you did to be in the moment you’re in and just have the self-confidence to believe that the person you are in this moment is enough to get the job done you have a better chance of achieving your best performance on that day.

Because the result does not reflect your performance and if you allow that to come into your thinking you have already last.