"Be The CEO of Your Life"

Confident

Energetic

Optimistic

Diane Frankel-Gramelis
Confidence

Belief in oneself and one’s powers or abilities.
"Remember no one can make you feel inferior without your consent."

Eleanor Roosevelt
Steps to increase your confidence

Identify your successes -
Make a list of your special talents

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.
It's not who you are that holds you back, it's who you think you're not.
Accept compliments graciously

Nice Shell

This old thing

SAY THANK YOU!
If you put a small value upon yourself, rest assured that no one else will raise your price.
Make a conscious effort to smile.

You’ve got to get up every morning with a smile on your face, and show the world all the love in your heart.

—Carole King
If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning "Good morning" at total strangers.

Maya Angelou
Improve your posture
stand tall - look the part

IF I DID NOT WEAR TORN PANTS, ORTHOPEDIC SHOES, FRANTIC DISHEVELED HAIR, THAT IS TO SAY, IF I DID NOT TONE DOWN MY BEAUTY, PEOPLE WOULD GO MAD. MARRIED MEN WOULD RUN AMUCK.

BRENDA UELAND
Treat yourself well
The way you treat yourself sets the standard for others.

~Sonya Friedman
The Power is Yours!
Whether you think you can or think you can't - you are right.

~Henry Ford
If you tell yourself something long enough, you will believe it!

I am a prince
I am a prince
Energy
To sustain stamina
The ability to make something happen
Physical and mental endurance
If you think tired -
You will be tired

You never get tired unless you stop and take time for it.

Bob Hope
You look marvelous
PLEASE & Thank you Are free
Gag the Gossip
What you don’t see with your eyes, don’t witness with your mouth.

—Jewish proverb
* Water *Water *Water
Move it to Make it
Passion is energy.
Feel the power that comes from Focusing on what excites you.

Oprah Winfrey
Optimistic

To take a favorable view of events or conditions.

To expect the best outcome!
It’s a Matter of Choice

Optimism is not dependent on the news of the world –
It’s a thing of the mind ---an attitude
When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love.

—Marcus Aurelius
The world is not against you
Words, once they are put out there,
Have a life of their own.
You heard right. We've decided to freeze you until medical science finds a cure for your bad attitude.
It's not about waiting for the storm to pass; it's learning how to dance in the rain
Do not give the past power
Be Thankful

I am thankful for:

It means I have food to eat

It means I have a place
To sleep

It means I have a warm place to live
THANKS. I NEEDED THAT.
...the mess to clean after a party because it means I have been surrounded by friends.

...the taxes I pay because it means that I’m employed.

...the clothes that fit a little too snug because it means I have enough to eat.

.a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.

.my shadow who watches me work because it means I am out in the sunshine.

...the spot I find at the far end of the parking lot because it means I am capable of walking.

...all the complaining I hear about our government because it means we have freedom of speech.

..my huge heating bill because it means I am warm.

.the lady behind me in church who sings off key because it means that I can hear.

.the piles of laundry and ironing because it means my loved ones are nearby.

.the alarm that goes off in the early morning hours because it means that I’m alive.

...weariness and aching muscles at the end of the day because it means I have been productive.