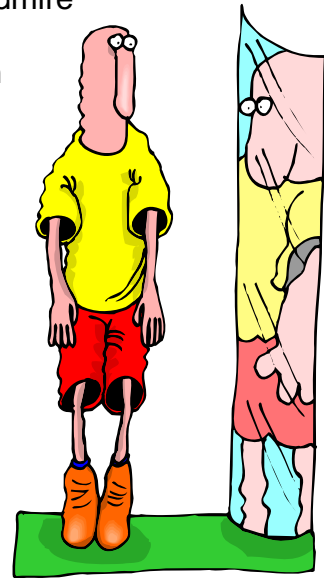


A Positive Image

As we ease into the New Year and naturally contemplate how to be and do better, here are some ideas. They are five tips from Vivian Buchan, author of *Make Presentations With Confidence*, designed to help you develop and project a positive self-image:

1. Identify at least five qualities that you aspire to and admire in others (e.g., compassion, generosity, kindness, honesty, thoughtfulness, etc.). Think of ways you can demonstrate those same qualities.
2. Recognize those positive traits in no fewer than five people you interact with, and let them know how much you admire them for those qualities.
3. Analyze and observe the actions of those individuals. Let their lives and actions serve as your guide.
4. Review your actions daily to determine whether or not you are exhibiting the qualities of a positive self-image.
5. Visualize the confident, caring, thoughtful person you want to be for a few minutes every night before you go to bed. Remember, if you can see the person you want to be, other people will start to see it, too.



Best wishes as you tackle a self-improvement project, whether this one or a model of your own making.

– Beecher Hunter