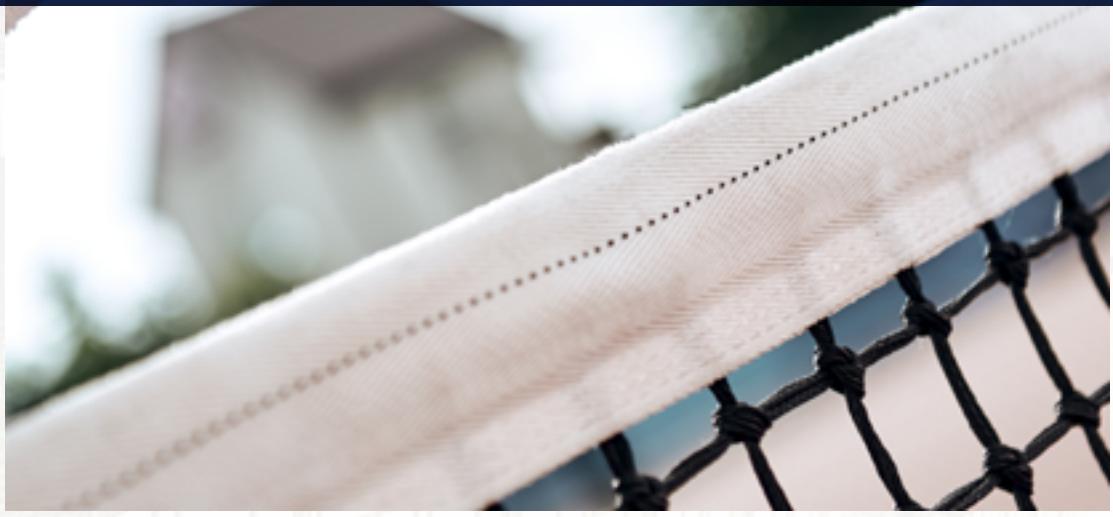




PROFESSIONALISM BEGINS IN MY CLOSET

How I dress influences the first impression I make on others. I keep in mind the saying, “You never get a second chance to make a first impression.”

When I attend a meeting or interview for a position, I like to exhibit a confident, professional demeanor. If I dress casual, I appear casual. One might interpret my casual appearance as a casual attitude toward the situation.



I am proactive when I shop for clothes. I envision the scenarios I plan to be in, and select items accordingly. I plan and stick to a budget. I avoid attire and colors that might be considered inappropriate.

At home, I consider what engagement I am dressing for and choose accordingly.

I present the best possible image of myself to others. I take

the time to press my clothes and regularly dry clean items requiring special care. I keep my shoes clean and polished.

My exterior influences my interior. When I look professional, I feel professional. I think and act in a formal manner. I stand taller and hold my head higher. I feel more confident.

My confidence radiates and others feel it. They see a professional, confident individual approaching. Before I speak a single word, I make a positive impression.

Today, I set myself up for success by considering what to wear for my next engagement. I know that perception is a big factor in how others receive me, so I plan appropriately.

Self-Reflection Questions:

1. Which colors are appropriate for an interview?

2. How do I determine what to wear to an engagement?

3. What is my favorite outfit?