



## Practice Makes Perfect (or a least easier!)

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Most of my family would tell you I have a flair for the dramatic. I admit it. I tend to emote too much. I tend to over emphasize my joy. I often go a bit over the top, especially when I'm telling a funny story or talking about something I really enjoy.

The "actress" in me has also provided me with a tool I use all the time...the Rehearsal.

I rehearse nearly everything I do. Whether leading a Weight Watchers meeting, offering a business proposal, working with a prospective client, or taking my car in for repairs, I find it very valuable to play out different scenarios in my mind.

I take time to imagine...and sometimes to even script...what I want to say, do, and feel in any situation. I think about what will be said to me and how I'll respond. I give the rehearsal as much power as I can by creating a Technicolor Image in my mind...a movie of what I want to see happen. I practice the scenario over and over again until it feels very comfortable.

Rehearsing a situation provides a sense of confidence. It's also easier to handle things that don't go perfectly and to adapt to the changes and challenges.

Most importantly, rehearsing an event in your mind allows you to plan for the positive outcome you desire. The Law of Attraction says we create the outcomes to which we give energy, attention and focus. So, by seeing the best possible outcome, we are laying the groundwork for the best possible outcome in reality.

And then, of course, we can just let go and allow the outcome to be even better than we could have imagined!

### *Playtime*

Think of an upcoming event, scenario, or situation in your life. What challenges do you expect to encounter? Who will be there? Where will it be? How will you feel? What will you wear? How will you carry yourself?

See yourself in the scene. Feel what you'll be feeling. Let the vision of this scene unfold in your mind's eye.

Now, let it be bigger, brighter and more powerful. Hear the sounds of the scene. Find the smells. Reach out your hand and touch the scene. Make it feel as real as you can.

Give the scene time to fully develop.

Now, picture the best possible outcome you can imagine. See this scene unfolding in absolutely beautiful, perfectly supportive ways. Allow the "you" in your mind to enjoy the ideal outcome in this situation. See yourself smiling, laughing, delighted, with the culmination of this scenario.

Can you see it?

Now, practice it again. And again. See the outcome you desire.

Then, when you take the stage in what we call "reality", you will know what to do, you'll be completely comfortable, and you will create exactly what you desire.

*Practice really can make it feel perfect!*