Presence Intelligence®

with Lisa Manyoky, MnPn, Founder | LEARN MORE: www.presenceintelligence.com

1
Identify what makes you tick, and what doesn't.

Whatever it is, make sure it puts fire in your belly. If it doesn't, then keep looking. Eyes forward. The view is better.

2
Identify who makes you tick, and who doesn't.

Look far and wide for allies and champions who appreciate you BECAUSE of who you are, not IN SPITE of who you are.

3
Make peace with things you won't or can't change.

Fix and amplify your best and favorite assets to steal attention away from less favored features, attributes and traits.

4
Strengthen and make good use of your natural assets.

In the words of Arthur Ashe: "Start where you are. Use what you have. Do what you can." And smile if you're a smiler. Smiling is a great way to facilitate connection.

5
Correct or eliminate looks, sounds or actions that don't serve you.

Where you have choice, exercise it. Speak well. Spell check. Wear attire to fit and flatter. Save for a rainy day. Sleep. Hydrate. Preserve health.

6
Refine communications to accurately reflect who you are.

Use words and phrases that capture your personality. And, always be tactful in print, especially if the topic has potential to trigger a highly charged response.

7
Become excellent, or more excellent than you already are.

Improve and optimize whatever you do well. Excellence in word and deed helps others take notice, and it can override the impact of weaknesses.

8
Be nice to others... and to yourself, always.

Kindness begets more of the same. By default, being kind to others comes back your way a thousandfold. This is the "Norm of Reciprocity" at work.

9
Draw boundaries or sever ties with toxic relationships.

Heed intuition if you sense a threat. Your brain and your gut communicate routinely. Based on a quick read, they issue the alert to engage and approach or withdraw and protect.

10
Develop strategies and techniques to stay the course.

Choose an accountability partner. Hire a coach. Journal. Make a vision board. Write down your goals to increase your chances of achieving them.

11
Pause before you post, submit or send.

Remember the lesson of Justine Sacco. Be mindful of the impact that social media can have on future employment. Employers do scan profiles to assess fit and verify information.

12
Choose a less ideal path with deliberation and only if necessary.

It's OK to pursue an alternate path in order to meet current responsibilities and demands. Just keep your eye on the prize and switch gears when you are able.