#### Whether You Know It Or Not...

We represent ourselves, our family, our business or the company we work for. Regardless, of whether we know it or not, people are forming an opinion about everything we represent based on our words and our actions. Therefore, it is of the utmost importance that we represent well. Welcome to this edition of your Weekly Winning Resource all about the word represent. How often do you think about who and what you are representing and what impact you have on how others view the people and things that are most important to you? Our actions and words have consequences far beyond personal. It extends to the people and things we care the most about. Essentially, you are a living advertisement for your own personal brand as well as every other person and thing you represent. More importantly, how we represent impacts how we feel about ourselves. We can tend to have negative self-talk that causes anxiety and lack of confidence if we recognize that we aren't being our best self. So, for yourself, and for those you represent, it's important to be mindful of what your persona is speaking to the world.

# Your Weekly Winning Word:

#### Represent:

To be a good example of, to show or illustrate.

#### Your Weekly Winning Article:

If you have a desire to make a positive impact and contribution in this world, how you represent yourself and the people and things you care for, is essential for success.

Because this is so important, and an area most of us can do better, we wanted to share 5 ways that can improve how we represent ourselves and the people and things that matter most to us. Check out the article here: Click Here to Read

#### Your Weekly Winning Challenge:

Take some time this week to ask yourself these questions, and write down your answers in your Success Workbook & Journal.

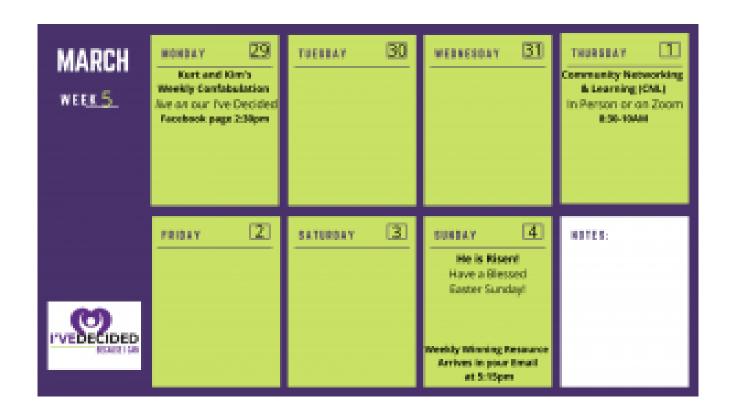
- 1. Who is the most important person to me?
- 2. What is the most important thing to me?
- 3. How can I represent them better?
- 4. What do I want to be known for?
- 5. Who do I admire the most?
- 6. What makes me admire them so much?
- 7. How can I better represent myself and my values?

#### Your Weekly Winning Quote:

Being with you should make people desire what you represent. ~ Sunday Adelaja

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