

# Wondering What People Think of You?



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October 2010

I saw the following quote from Ian Wade, the Executive Director of

Outward Bound International: "You would not worry what other people thought of you if you knew how seldom they did."

That's a great thought, but most people do worry about what others think. Being liked can mean the difference between closing a business deal, or not. If someone is on the fence about dealing with you, or going with someone else that offers a comparable service, what do you think the deciding factor may be?

So what impression are you making? Are you radiating positive energy and exuding confidence? Confidence shows that not only do you have trust in yourself, and your product, but more importantly, it shows the person you're dealing with that they can trust you to take care of their needs. Positive energy insures not only a follow through of what was promised, but also, a pleasant experience.

How do we make that great impression? There are many ways, and one of them is eating well. Positive energy foods make you feel great and light after eating, not weighed down and feeling like you need a nap. They also keep your energy steady through the day so you don't need that coffee and candy bar at 3 PM. Choose your food wisely, and I guarantee you will feel a positive difference. In the world of business breakfasts, lunches, and dinners, it is not always easy, but definitely possible. As a Health

Empowerment Expert and Coach, I empower others to know what food choices will help them function at their optimal best.

Here's a quick, easy recipe you can take on the go with you in the morning, or have anytime you want some positive energy:

## **"I'm the Boss" Ultimate Smoothie**

Why do I call it "I'm the Boss" Ultimate Smoothie? We are all in charge of our own lives, therefore "Boss". Besides, it sounds empowering to say, doesn't it?

To a blender, add 1 cup of frozen or fresh fruit of choice (banana or mango or berries are my faves, but you're the boss!), a handful of greens, and a cup or so of water or nut/seed milk, depending on how thick you want it. For a sweeter drink, add a couple of dates, raw honey or agave, to taste.

A few comments: I recommend starting with a couple of leaves of greens (baby spinach is mild in taste). When you taste how delicious it is, you'll want to add a few more next time. Raw nuts & seeds are positive energy foods, and make great tasting "milks", but to save time, you can buy unsweetened almond milk, which is sold in many stores. Milk is not a positive energy food, but if you really like dairy, go with organic plain kefir or organic plain yogurt as a more positive option. You can also add vanilla, cinnamon, or whatever else you think would go really well. After all, you're the boss!

**Tami Racaniello**, President of, "It's Time to Get Fit!" is a Health Empowerment Expert and Coach, helping people increase their positive energy levels, lower their stress, and become empowered for a healthy mind, and a healthy body! Contact her today, at 631-793-1945, or [joinus@itstimetofit.com](mailto:joinus@itstimetofit.com), for more information, or to be put on a mailing list for fitness and nutrition tips.