



The Matrix Mindfulness Practitioner

# Meditation Collection

*Dr. Paras*  
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts  
for Wellness Professionals

Branding Yourself

# Branding Yourself

In order to obtain any skill or to become proficient in any art, to do anything worthwhile, **you need confidence**. You need to be able to **sell yourself**.

Confidence makes anything and everything easier to accomplish and **more fun** for the fortunate individuals.

People who **thrive in life** are very comfortable with self-promotion. It is not selfish to believe in yourself and what you **have to offer the world**.

In order to be the **very best you can be**, you must get comfortable selling and promoting yourself and your abilities.

It doesn't matter if you are in sales or some other profession either, because your impression is **integrally important**.

You are essentially selling yourself **every day**. Everything you say or do **portrays a message**.

In order to sell yourself you must create a **good impression**. To create a good impression to potential clients, employers or even to strangers or business connections, you must get comfortable explaining your **strong points**.

When you learn how to **project yourself confidently** people see you in a much better light. They can see your **confidence**.

Selling yourself doesn't mean merely talking arrogantly about how great you are, it's more about feeling a sense of **self-pride**.

Under-selling yourself is a habit that **you can break**. It's important to understand that when you put yourself down or criticize yourself that you are **selling yourself short**.

In the end, it's all about the **communication** and your perception of yourself.

Much of our communication is **non-verbal**. The way you groom yourself, the clothing you wear and even how you move and speak **says a lot**.

In this session you will learn the valuable skill of **selling yourself**. So, if you're ready **let's begin**.



Gently close your eyes and **relax** if you haven't done so already.

Start to **focus** on your breath. Breathe **slowly and deeply**. As you breathe in, feel the **breath flowing** in and out - calming you. Take another **deep breath** in and relax.

Breathing in through your nose and **slowly exhaling** through your mouth; feel yourself sinking deeper and deeper - letting go of all distractions and thoughts.