

## 5 Points to Dress Sharp Practicing Dressing Sharp

Hey guys, Antonio here. Okay. In this part of the Personal Image System within the blueprint, we're going to talk about practicing dressing sharp. Yes, you actually have to practice dressing sharp and I'm going to give you five points and we're going to go through each of them. Don't forget, this is in support of the article. We've got the audio, we've got the checklist, but really it's about you taking action.

I've had people go through my courses and they were part of forums and groups for eight years, one of them told me, and this is a particular story, and he didn't take action. It's so important that you practice for the event that we're preparing for you. You can't just read. You can't just watch.

That leads me to point number one, which is you actually do have to get out there and do it. Think about riding a bike. If you get out there, you can read all the books in the world about riding a bike. You can understand the physics and everything, how it works, but you have to get up on that bike and you have to practice pedaling, and yes, you're going to fall down. Yes, you are going to make mistakes, but that is the most important part, is to realize that you can't just watch all this. You can't listen to all my audios.

You're going to have to get out there, wear it for good or for worse. You're going to get some great compliments. You're going to get people wondering, "Hey, what are you dressed up for?" and you're going to have to learn how to react to that. That's part of the physical, taking this from theory and actually applying it to your life. So point number one is again, you can't just read, you can't just watch, you can't just listen. You actually have to act on this.

Now, point number two is confidence is built when you start to act on it. This is what gets interesting, is that you become very confident as you practice more. Whenever you show up come game day, maybe it's that presentation, maybe it's that proposal, maybe it's that business event which you've just been prepping for and your job relies on this, you're not going to feel as nervous because you've been preparing. You're confident for this moment.

I just got back this weekend actually from a dance competition and we asked my son, "Are you nervous at all?" He's like, "No, not really because I practiced a lot." I've been running him through the ringer. In fact, this goes back to swimming. He's so used to competition. I take him in the mornings and I'll actually run mini competitions in the mornings when we're practicing, so when he gets to the event -- and I tell him when it comes down to it, life is a marathon. It's not about one event, although sometimes in work and sometimes in life, those one-events are pretty important, but the best way to be prepared, to build up that confidence again is practicing and really getting that feel of what it is because you're going to get those little compliments. They're going to build up your confidence. So when you put on the clothing, you're going to feel great.

This leads also to point number three, which is you start to develop your favorite outfits, your favorite pair of shoes, your favorite combinations that work well together. Now, this combination here, I didn't expect to throw it together, but what I found is that I like the way this casual shirt works with this casual tie, works with this casual sports jacket. I went ahead -- now, I don't know with this pocket square. You can let me know whether or not you think it works or not, but here I am experimenting.

I'm throwing together different outfits, different feels. Overall, I can experiment with this pocket square because everything else I'm very happy with, very solid with, and it's really only the pocket square that I'm kind of messing around with here, but that goes back to point number one, which is I didn't just read about it. This outfit doesn't exist anywhere else on the web except on me and maybe I guess in my videos if we want to be super technical, but I'm confident because I've actually worn this before minus the pocket square.

And because of that, I'm able to develop certain outfits and I do despite having actually a decent size wardrobe. I don't have a huge wardrobe, but there are probably I would say 30% to 40% of the pieces there are the ones I go to again and again because I develop outfits with them. I know they're super interchangeable. This shirt, this jacket, this tie, I've been wearing with different combinations, very comfortable with it again because I practiced, because I built up confidence, and I've developed my favorite outfits.

Now, let's get to point number four and that's going to be certain quirks and things with the clothing that you won't know unless you actually wear it, you find out early on. So you may find -- and I'll even share with you this shirt. I need to actually get it adjusted. So right now, I've folded the cuffs back. They were a little bit too wide, but it's better to do that and to actually know this than to show up to an event and say, "Oh my gosh, this isn't fitting me properly."

I didn't realize it, but these trousers are missing a button right here or the zipper snags halfway up, or the dress shoes, they've got a leather bottom. Do you know what that means? It means if you don't wear them very often and in bad weather conditions, they can be very slippery. So knowing this, because you've worn those dress shoes let's say 20 to 30 times already, you know that okay, I probably need to get a little bit of a rubber sole put on these, little things like that you're going to figure out about your clothing.

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Certain ways a certain tie hangs or this one doesn't really form a dimple super well, but that it doesn't really matter because it's casual, but I know I've got to pay special attention if I want to get that dimple in the necktie. I've got another necktie which I've worn in other videos, but it's very difficult to get that one to tie. I don't know. For some reason, it never aligns right. I don't know. Maybe it's a unique length in the tie, but that one takes me at least three to four ties.

So by understanding the quirks with the clothing, understanding that this neck collar, when I button it up, it's going to be a little bit tight, you're going to avoid those surprises when you're traveling because you've practiced wearing the clothing.

It's the same reason football team -- I don't know if any of you guys played football, but on Thursday nights when I played high school football, we would go full dress practice. That means wearing everything, wearing your nice uniforms because you want to know what that feels like. You don't want it to be a surprise where the next day you actually put on that clothing and you realize, "Oh wow, this is a little bit too tight or the wrong size here." There are no surprises.

Point number five, dressing sharp basically becomes normal. As I've dressed sharp over the last few years, what I found is that it's actually harder for me to go out dressed ultra casual. In fact, if I go straight from the gym to the store here, even though I live in a small town, I feel a little bit odd walking around the grocery store in my gym clothing.

I'm kind of wondering if someone who knows my company -- a few people around here knows about my company and I'm wondering are they going to say, "Hey! Here's that style guy. Obviously, he doesn't practice what he preaches." Now, I probably shouldn't be that conscious, but the point is I want you to start to feel a little bit out of place.

Think about going to the gym for the first time. It feels odd, doesn't it? You feel out of shape and maybe you shouldn't be there, but after you've been there 20 or 30 times, you start to feel actually pretty normal. After you've gone for months at a time and then you skip it for a few days, it feels strange. It feels like, "Gosh, I feel like I need to go to the gym."

I started swimming awhile back and I really enjoyed my first dive into the pool especially after a good workout, and I do that first just lunge with my -- I pull with my arms forward. I love that feeling, diving through the water. That's developed because a year ago, if you would've told me this -- I didn't swim. I swam a mile in the Marine Corps, but I'm not a big swimmer. I never thought of myself as one.

That's the cool part, is you can develop these habits. You can develop these tastes so that dressing sharp becomes normal. You're dressing with confidence, and guys, that is the whole point. Practice dressing sharp.

Take care. I'll see you in the next video