



How to feel good and have a fabulous day at ARTE... Get your focus and be positive.

We are sharing some tips with you on how we can bundle positive energy, passion and talent, so that we all feel good and enjoy every event and be an active part of a market day with super sales. It is talked about more and more... positive energy... think success... feel good and more...

Here are some tips to keep control and to be in charge of a wonderful day and to feel comfortable, positive and confident at an ARTE market day. The Law of Attraction is paramount. We all want to do more and better business, how do we do this?

- ❖ You have to sign up to be able to do a successful day at ARTE.
- ❖ Check in on your attitude and make sure that you switch that to being happy, feeling good, having fun, feeling successful, feeling on top of the world - because if you are, or if you are not, that will determine how your day will flow.
- ❖ Here are some suggestions:
 - Sleep the night before the market.
 - Pack the car the night before, or have your gear ready near your front door for an easy pack of the car.
 - Get up early and spend time on you.
 - Do some light yoga, go for a short swim, for instance.
 - Listen to some of your favourite music that brings you to you.
 - Breathe and see the pictures going around in your head and say thank you to the rubbish ones, and a bright happy hello to the good ones.
 - Read some positive affirmations.
 - Write out your positive affirmations for the day:
 - Today is a great Day
 - Today I will meet my Target
 - Today I will Sell
 - Today I will Sell more than before
 - Today I feel good and will attract the best buyers.



- Arrive on time, so you will have time to settle, time to chat, time to connect, and time to set up feeling calm and without stress. Because, when you are ready, your customer is also ready to step into your zone... Nobody wants to bother someone who is still flying around and jumping over cases and boxes...
- Prepare your sales book with: 1st SALE, 2nd SALE, 3rd SALE up to how many sales you want for that day. And be convinced that it works.
- EAT, EAT my dear friend would say: EAT food that keeps you energised and drink water or tea. Bring some snacks, nuts, crackers, or indulge and have some ARTE food, or take a relaxing walk to one of the Mall's restaurants.
- Don't worry when you have to leave your stall. Feeling miserable because you are hungry, thirsty, or you have to go to the washroom, does not make you feel good. So go, tell your neighbour, leave your mobile number if need be and take time out to care for yourself. When you feel good and positive, confident and together, you will attract all the sales as soon as you come back.
- IF things are NOT working out, study the seller who is doing well. Look at the body posture, hand gestures, where does she stand, how much does he talk, what does their face say... Take a deep breath and copy it. Do it and share that genuine beautiful smile, and have a real interest when you have a chat with your client.
 - Talk about your work, or the ethos of ARTE and be proud to share that you work on your designs, and products with passion, believe and trust and that you have great plans for your line of work.
- If you do experience a quiet time, re-do the self helps: listen to music, do your affirmation, eat, drink, read your book to find you mojo for the day again.

We all want to do well, I want to have the BEST market and town and be the SUCCESSFUL market organizer. Join us in being positive and consider the above basic principles which never fail. Those who change to think with confidence and beam with happiness and determination are bound to have a successful ARTE journey, which is only a small part of your life.

Consider it, breath, eat, write, affirm, and sell better.