



BY SARA CANUSO

# Battles With 'Reasonable Doubt'

## Planning Your Attire the Night Before Allows You to Focus on the Day Ahead

**W**e have all had our share of "reasonable doubt." But there are also times when we begin to doubt when we have no reason to doubt. Take the mornings when we open our eyes and wonder if we should even think about getting out of bed, let alone doubting that we've made the correct career choices — not to mention your associations with your firm being a slight doubt in your mind.

We wander through the day, doubting everything we do, including the choices we have made getting dressed. Now let's go back to the scene of the crime — for it is truly a crime to go through your day even associating with "reasonable doubt."

What I know for sure and without any doubts is that we should open our eyes and know we have a purpose for getting out of bed. The day begins with you feeling good about yourself, since that feeling is what will guide you, protect you and direct you through the day's events, be they positive or negative. This will put your day in alignment and allow you to focus on the day with a feeling of pride and certainty.

You are the one who writes the script for your life, so why not make it one that is full of impact and action? Did you ever notice that when you are feeling good about yourself good things seem to just happen? It is merely the Law of Attraction. We attract what we think.

Now let me take you back to the scene of your closet. Let's confess: How many times have we all opened the closet and had brain freeze and NO clue what to put on, let alone trying to match tops, ties, scarves and shoes? Oh yes, and how about the top you try to find,



only to realize that it is at the cleaners or in the dirty laundry hamper?

I will tell you without any reasonable doubt that if you choose and lay out your clothes the night before, you will feel better, calmer, and have a more finished and polished look each day.

Let us investigate the following criteria:

There should be four cornerstone suits in your closet, regardless of your sex: a navy, a grey, a navy stripe and a grey stripe. Check these off with a yes or no.

Men, there should be 12 pressed shirts in your closet; ladies, you can combine knit tops along with eight blouses. Was that a yes or a no?

Each mens suit should have four ties to go with it, while scarves and jewelry are always great accent pieces for ladies' suits. Shoes should always be polished — even if only a light brushing — to eliminate the dust from the previous wearing or storage.

When taking off your clothing, never hang your suits directly back into the closet. Hang them on a hook on the door overnight, since this allows the garment to breathe and for wrinkles to fall out of the fabric. This will also allow you to have a fresh-looking garment ready the next time you wish to wear it.

When trying to decide what to wear, consider this. An outfit is much like a picture. The suit is the frame, the top is the canvas and the tie or scarf is the piece of art. You can have one suit look different simply by changing

the shirt and accents.

Also, when wearing a pin or name tag, it should always be placed on your right lapel. When people greet you and shake your hand their eyes are always focused on your right side. Take time to notice the next time you shake someone's hand.

The best way to polish off your look is to keep your shoulders back, your head high and wear a smile that says you have a purpose, vision and a goal. Anyone can handle a good day, but let's not be overwhelmed with things that go astray. Tomorrow is yet another day that we are given the opportunity to write another script. The nice thing about all this is that we are given the choice to change the script if we so desire. •

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