

That Vital "Something" Called Personality . . .



Some of the most famous women in history were not beautiful—not in the true sense of the word. But they had a quality that set them apart from others.

I know it is human to crave to be beautiful, but fretting and fuming about it will not add one iota to your personal magnetism. And the latter can supersede the first. . . Let me tell you how.

AS we know, chemically, we are all pretty much alike. But in personality we are not alike. What is personality, then? It's you! You identified as a person, an individuality. Not an imitation of someone else—not a duplicate.

The very definition of personality sets up one of the basic rules for developing personality.

One of the very first things you must strive for is utter naturalness. Complete release of your own self. And if your present self is not a colourful or magnetic personality, then strive to make it so.

No one can stop you but yourself. You have in you the possibilities of a more radiant, more fully developed, more keenly alive and important self.

Develop these possibilities—make them actualities. Circumstances, money, environment may hamper you. People may influence you. But none of these things can stop you—unless you let them.

You have within you the power to dominate outside influences. Command your own thoughts and mental attitudes.

Physically, personality is regarded as a vital outpouring of energy. A radiant bubbling-over of vitality. A woman abounding in health is always a more vivid person, more magnetically attractive than a sickly woman. So build up your physical force. Be practical about it. Get as much sleep, fresh air and systematic exercise as you possibly can. Put yourself on a nutritious, balanced diet.

Develop correct carriage. A high head and superb bearing express poise and self-confidence. Oddly enough, good carriage reacts upon yourself, too. It builds your poise, increases your power. And you can discipline your mind to helpful thinking, just as you can discipline your muscles to correct carriage.

Personality grows on positive thoughts, stifled by negative attitudes, by ungrowing thoughts. Discipline your mind by constant watchfulness over your thoughts, to healthy constructive thinking. Cut out spiteful thoughts about a neighbour, jealousy, envy of someone's success. Such thoughts only react inwardly on

your personality—make it more narrow and repressed. Think, instead, of the people you like, those you love—of the emotional support their love gives you. Think of the people whose friendship you warmly enjoy. Catch yourself up whenever you find yourself thinking ill of another. Personality expands by the assimilation of experiences and emotions, by contacts with other personalities.

Conceit, snobbery, the feeling that you are better than anyone else, immediately sets up a barrier. Self-pity, the feeling that everyone is against you, closes you in on yourself. Root such attitudes completely from your mind.

Shyness is sometimes a barrier we raise to shut ourselves in, and others out. Psychologists would say that shyness arises as a result of some unpleasant contact with people or the outside world in childhood. But you wouldn't let some such experience cramp the growth of your personality for ever.

Keep this in mind; the very person you dread speaking to may be dreading the contact with you just as much! So why be shy? We are all the merest atoms of humanity. Not one among us is indispensable, however great he or she may appear to be. Deliberately remember this when you feel awkward and shy among people. School yourself to meet people and make them like you.

So many, too, adopt the pose of boredom or cynical worldly wisdom. It is the worst thing you can do. It destroys self-development, and people will not like you. Develop an eager interest in everyone and everything about you. Be enthusiastic. Don't be afraid to appear surprised. A lively mind is always seeking surprises. The dullest-looking person may prove to have interesting depths.

Get "under the skins" of people you meet. Draw them out. Make them talk about their work, their travels, their ambitions. This will attract people to you. It will also broaden your interest and your sympathies. You don't have to go out into the wide, wide world to develop your personality. You can do it in your own sphere.

Poise, sincerity of movement and mind are characteristics of a well-developed personality. Rushing around making a fuss and a noise is too often a sign of an inferiority complex. Some think that unless they're making themselves conspicuously noisy about their work or play either is not being well done. . . .

So, start this very day to develop your inner power, and in 12 months you'll be surprised at yourself.