

MILES MODELS, LLC

Staying Positive While Working on Making It Big As a Model

Whether you're being told "no" in a relationship, at a job, or just about anything else in life, it's a difficult word to hear. Many models hear the word "no" numerous times until they make it big, and it can be hard to stay positive during this process. Unfortunately, the word "no," can cause many aspiring models to give up before they reach their modeling goals. Luckily, there are things you can do to not only increase your chances of hearing "yes" but there are also ways to stay positive when you don't get the answer you had hoped to hear.

Here are four ways to stay positive while you work on making it big as a model.

Refocus Your Attention

Rather than wasting energy thinking about it, refocus that energy into becoming a better model. Whether it's attending an acting class, a runway workshop, getting new headshots, or just learning more about the industry, there are far better ways to spend your energy than dwelling on your disappointment. You might even take the time to find a modeling mentor or someone who inspires you to become better in your personal and professional life.

Keep Trying

Unfortunately, some models will take hearing "no" a few times as a sign they should give up. Models with a positive attitude, however, keep in mind that the more often they hear no, the closer they are to getting to a yes! If you think hearing "no" means you should give up your dreams of becoming a professional model, think again. Many of the most successful models today have been through exactly what you're going through. Everybody (models or not) starts somewhere, and for many models, this "somewhere" is the often challenging road to getting scouted, discovered, and hired as a model.

Practice Makes Perfect

Even if you aren't hired to model from a casting call you attended, you can still get a great deal of valuable experience just from the audition or tryout practice. Take note of what other models are doing at casting calls, and see if they have skills that might be beneficial for you to learn. There will always be someone with more experience than you, so why not take the chance to learn from them, rather than be intimidated by them and give up? Remember, sometimes there isn't anything you could have done differently or better, you just simply weren't the right face for the job, or not what the casting directors had pictured for the campaign.

There will come a time when although another model is more experienced than you, YOU are what the casting agents had in mind, and it will be your turn to hear "Yes!"

Do Things That Make You Feel Good

While there is always an element of uncertainty when it comes to casting calls and trying to get jobs as a model, there are things you already know you can do to make yourself feel better. Maybe it's exercising, catching up with a friend, watching your favorite movie, getting a facial, or a good old-fashioned bubble bath. Whatever it is, take the time to reward yourself for your efforts because casting calls and auditions are never easy. Just because you were not chosen for the job, doesn't mean you didn't work hard and that you don't deserve to feel good about yourself.