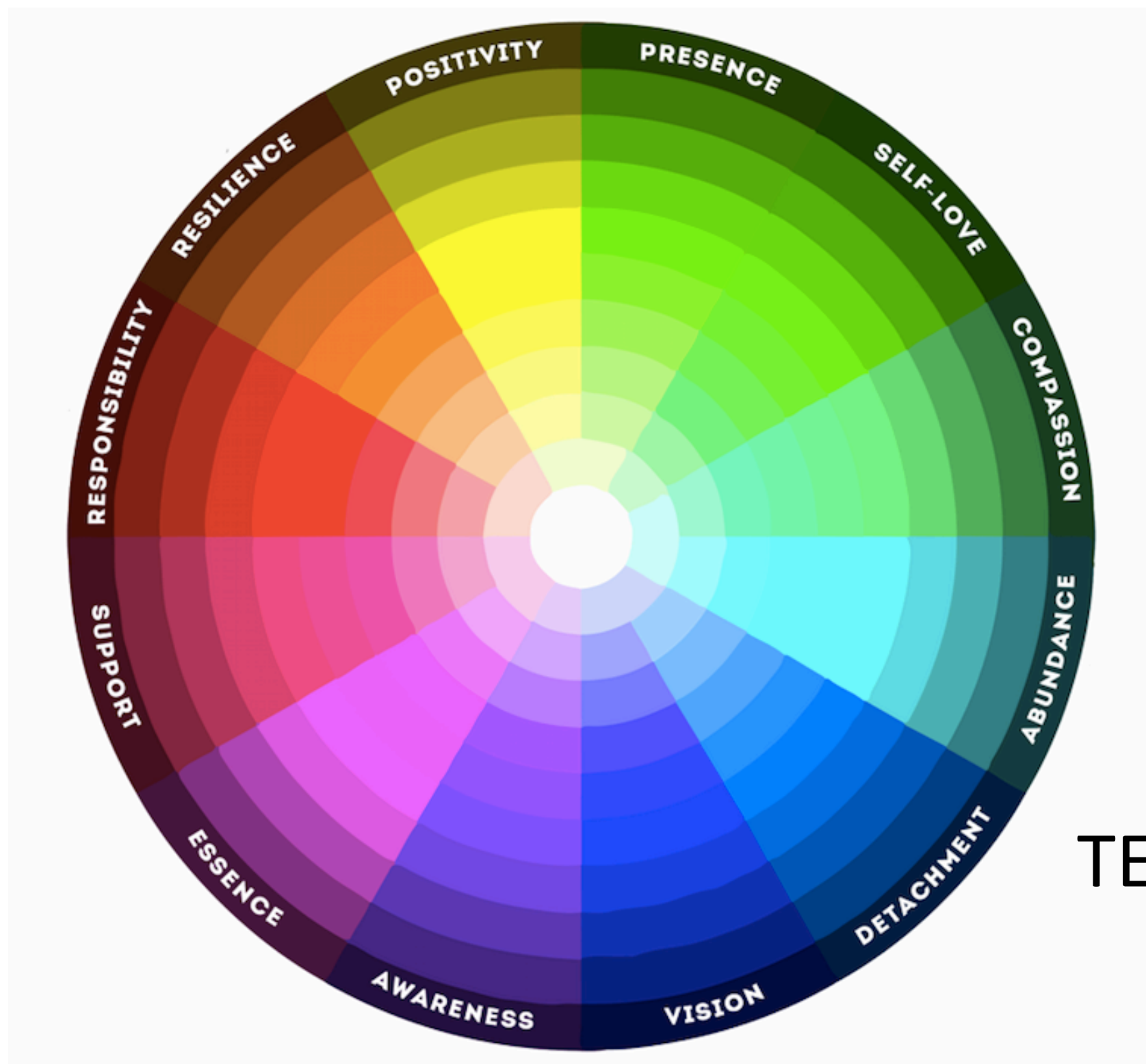


# The Psychology of Success During Times of Challenge



# The Keys to Success



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# 1. Self Awareness

“He who knows others is wise.  
He who knows himself  
is enlightened.”

- *Lao Tzu*



## 2. Presence

“Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

- Eckhart Tolle, *The Power of Now*



# 3. Responsibility

“Everything you do is based on the choices you make.  
It's not your parents, your past relationships, your  
job, the economy, the weather, an argument or your  
age that is to blame.

You and only you are responsible for every decision  
and choice you make.”

- *Wayne Dyer, The Power of Intention*

## 4. Compassion

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

*- Maya Angelou*



# 5. Self-Love

You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.

*- Buddha*



"Having a healthy  
relationship with yourself is  
essential for *happiness*.  
Choose to be your own  
good parent, best friend,  
and greatest advocate."



JOYCE MARTER

PSYCHOTHERAPIST & SPEAKER

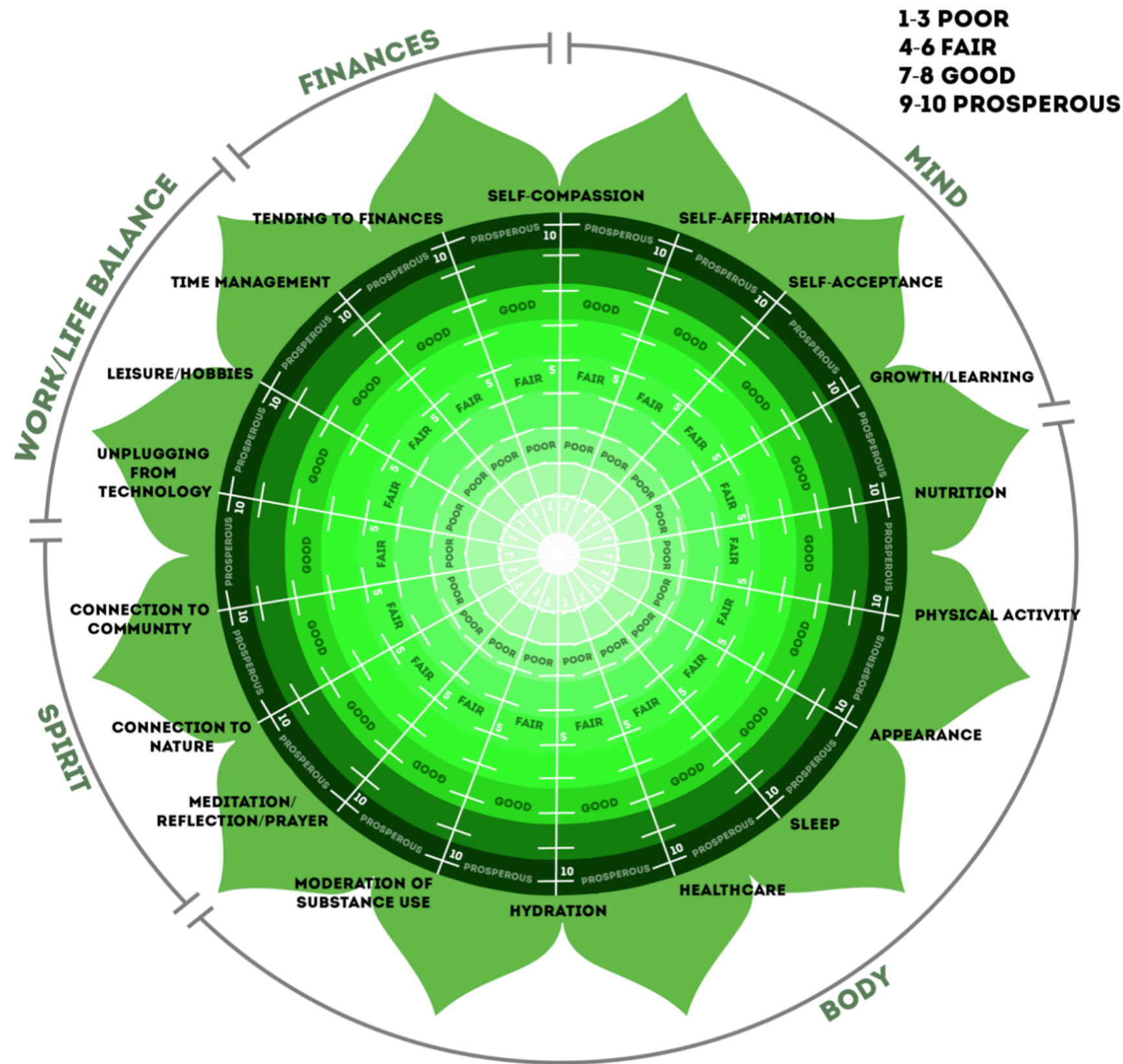
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# Self-Esteem

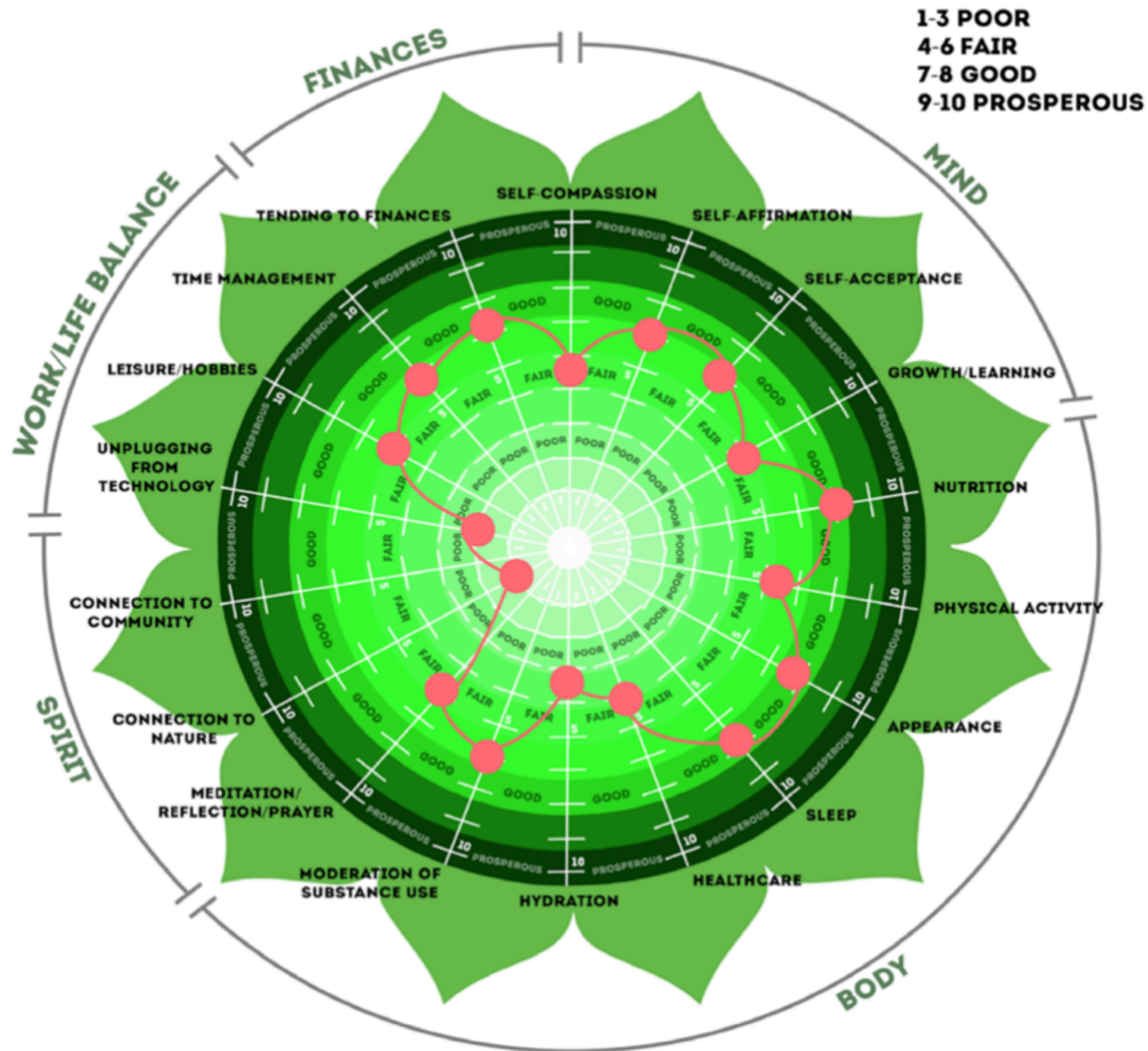
“Healthy self-esteem is midway between  
DIVA & DOORMAT.”





*Self Love Wheel*

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*Self Love Wheel*

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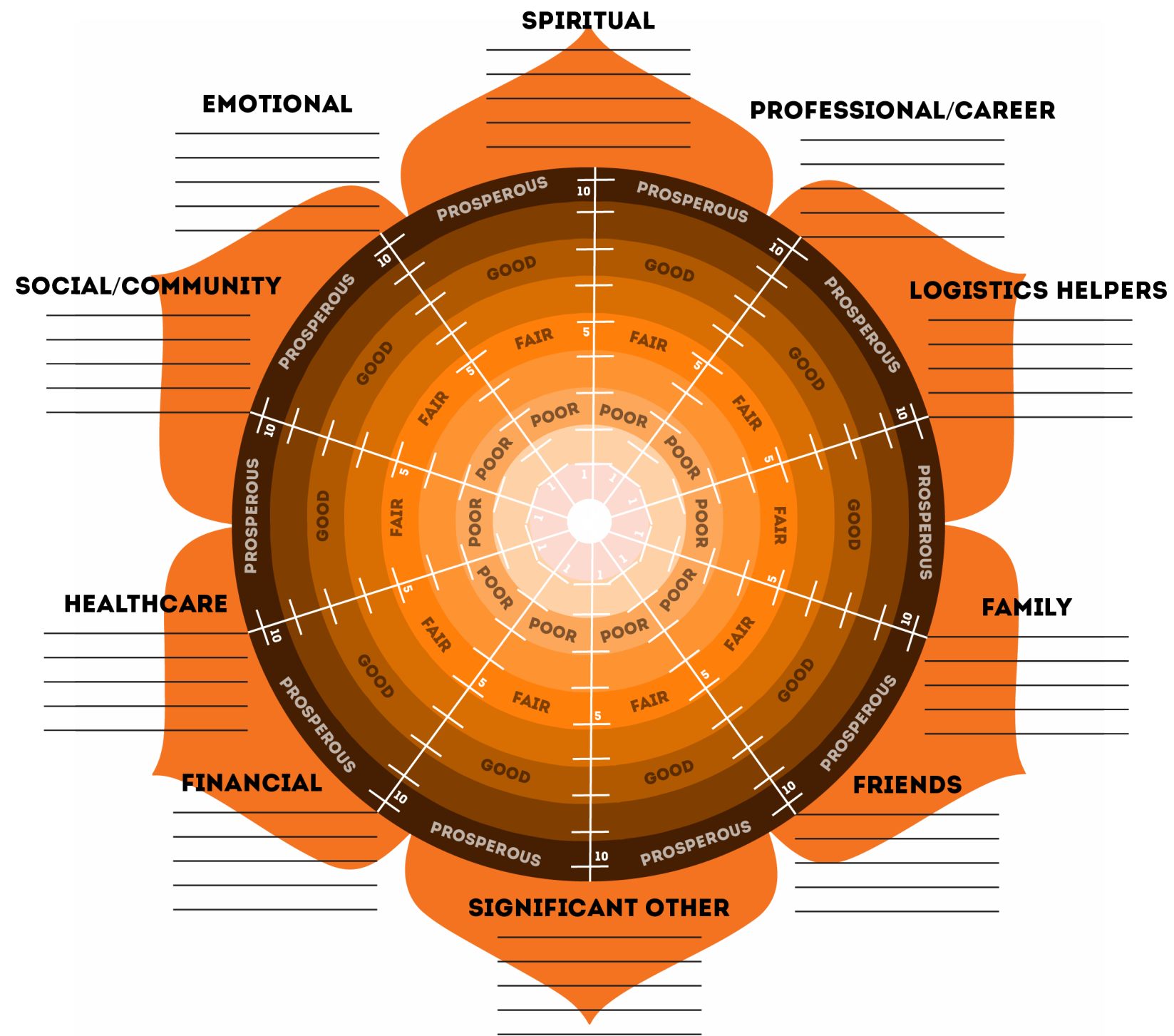
# 6. Support

“Alone we can do so little,  
together we can do so much.”

*- Helen Keller*

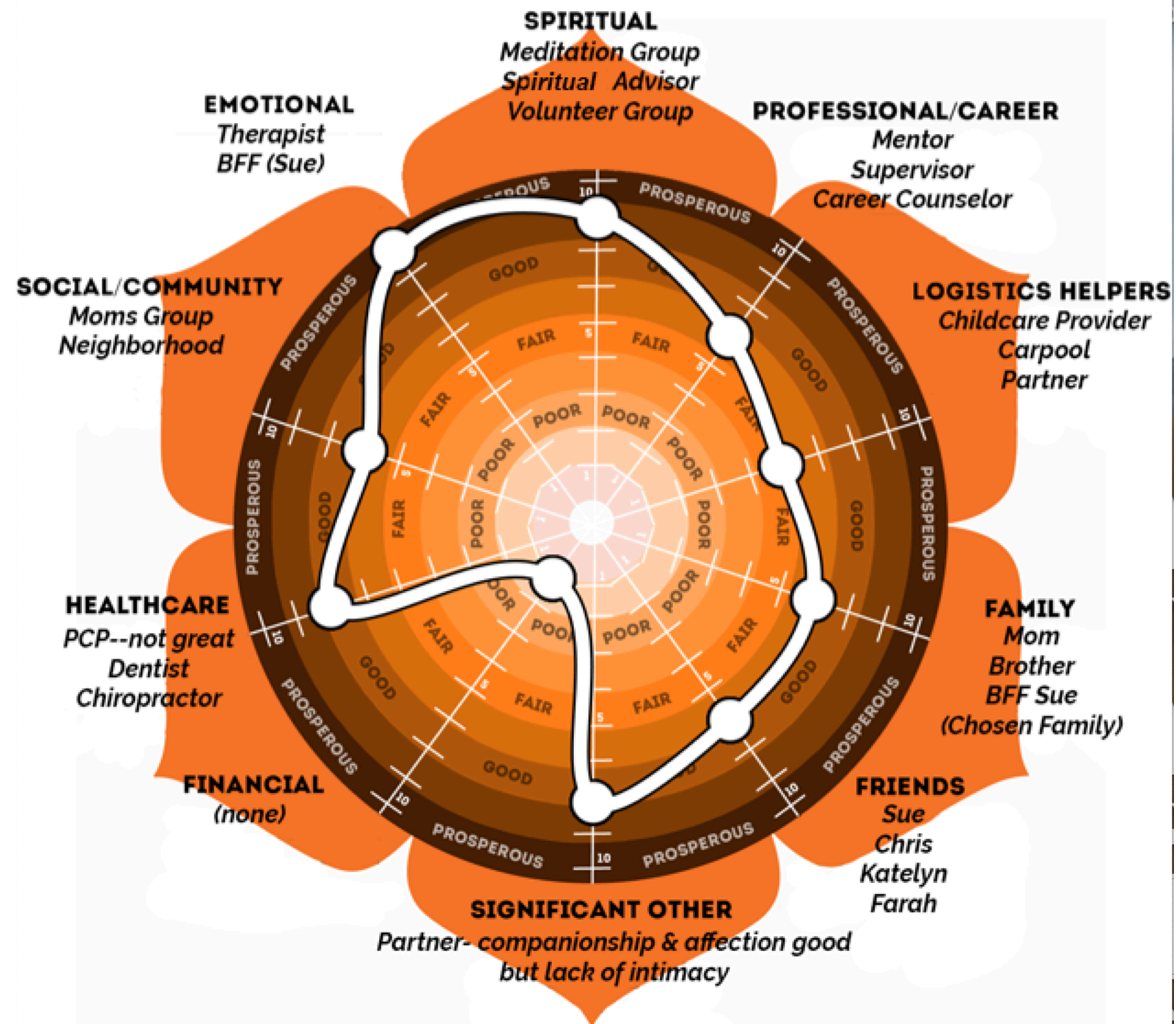


1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



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1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



# Support Wheel

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# 7. Essence

“Whenever you feel superior  
or inferior to anyone,  
that is the ego in you.”

*-Eckhart Tolle*



# 8. Detachment

“Feelings are waves of energy which  
we can choose to surf,  
rather than allowing them to  
overcome us.”

- *Arlene Englander*



# 9. Positivity

“A man is but the product of his thoughts...what he thinks, he becomes.”

- *Mohandas Gandhi*



WTF

# 10. Vision

“First say to yourself what you would be; and then do what you have to do.”

- *Epictetus*



When you refuse to  
believe something  
is impossible, it  
becomes *possible*.

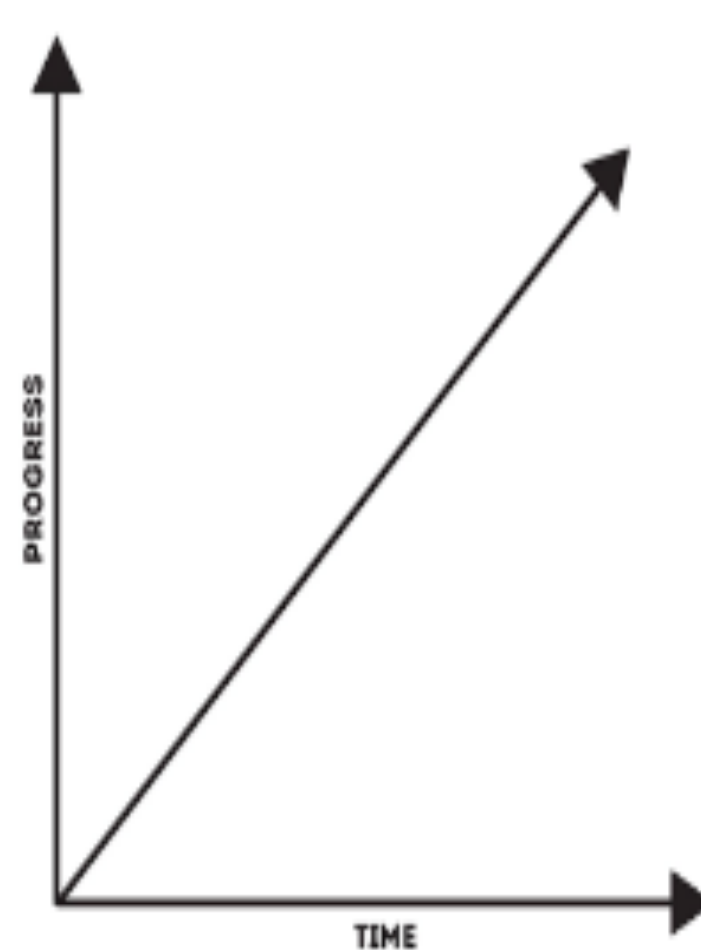
*JM*  
JOYCE MARTER



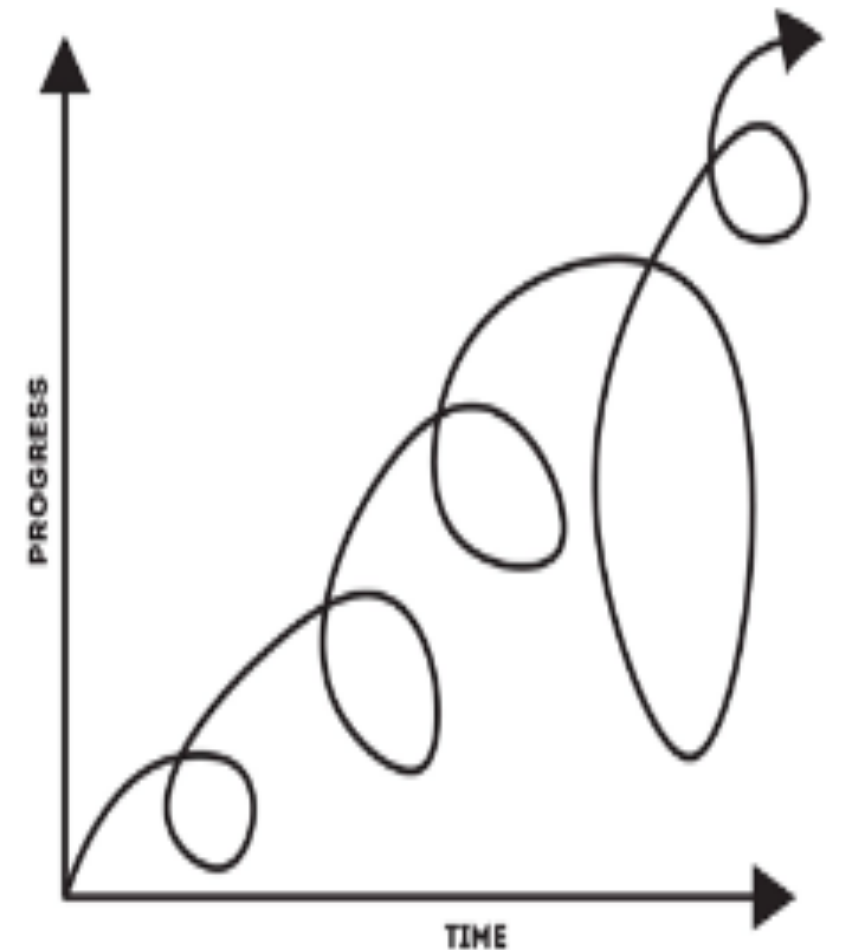
# 11. Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- *Eckhart Tolle*



WHAT WE EXPECT



REALITY











# 12. Abundance

“Success is a state of mind. In order to be a success, you must first think of yourself as a success.”

- *Dr. Joyce Brothers*



# Upcoming Resource

Published by [Sounds True](#)  **sounds true**  
WAKING UP THE WORLD

*Available for pre-order on Amazon in January 2021*

*Available in bookstores July of 2021*

Joyce Marter, LCPC

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for an Abundant Life



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*“Success* is to live openly, authentically & lovingly in alignment with the highest good of self & others – to the greatest extent possible.”

Thank You!



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Resources:

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