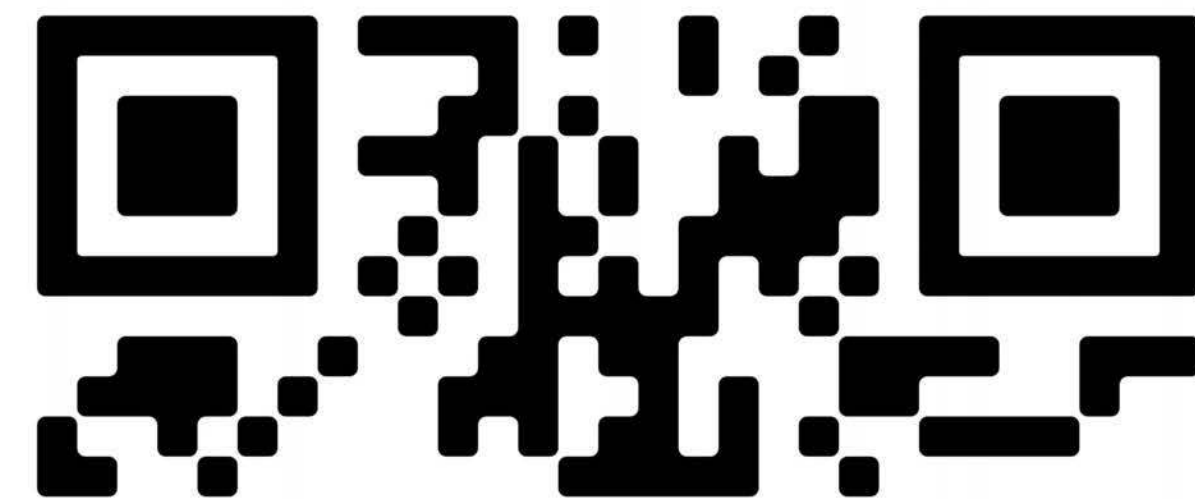


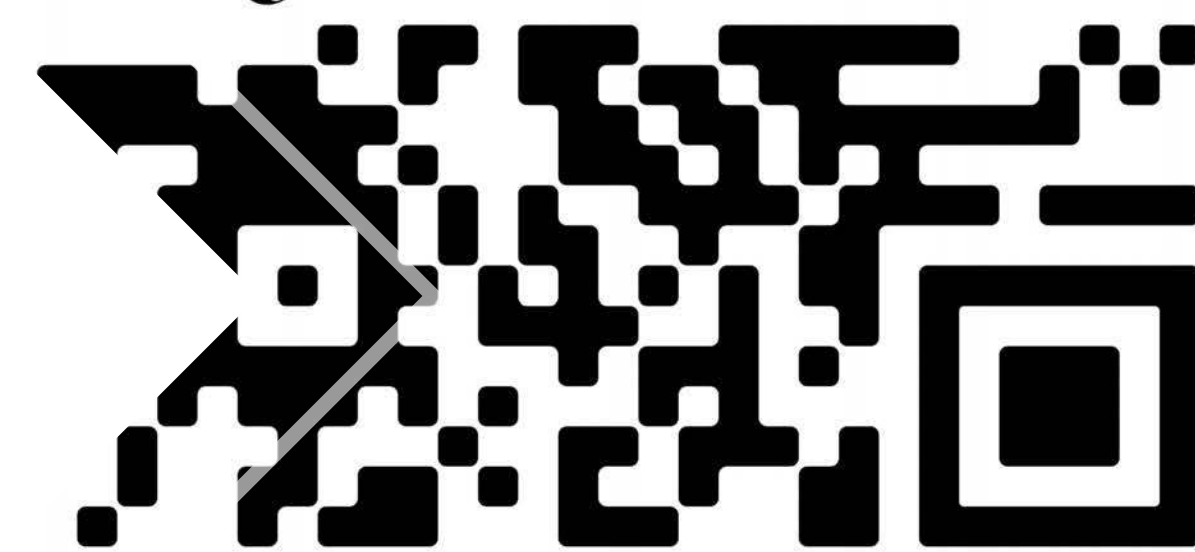
How to Practice Self-Care & Access Real Support



Free Resources



Joyce **Marter**



SCAN ME



You must *care* enough
about yourself to
welcome the life that
you *deserve*.

JM
JOYCE MARTER

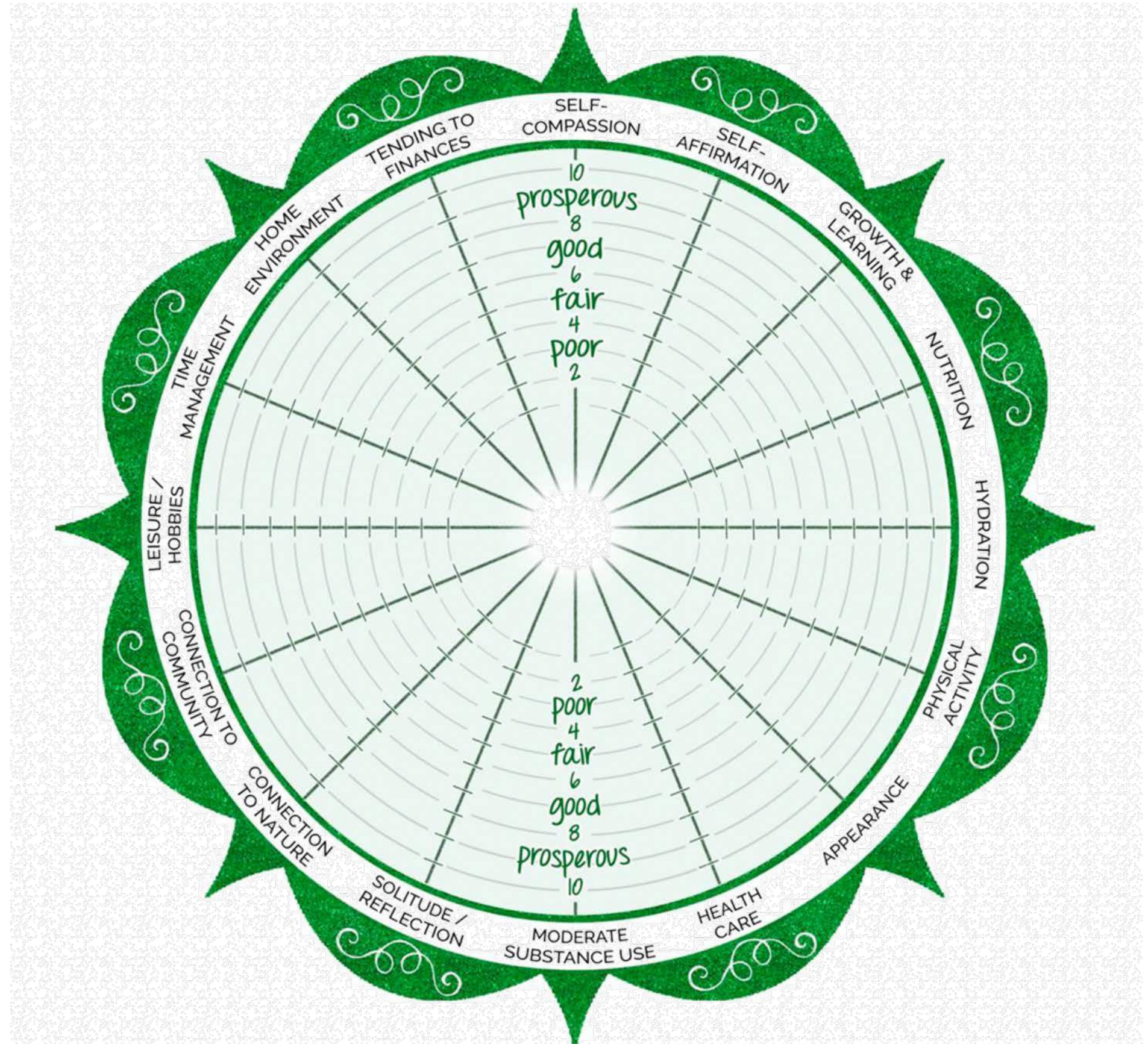


Self-Love

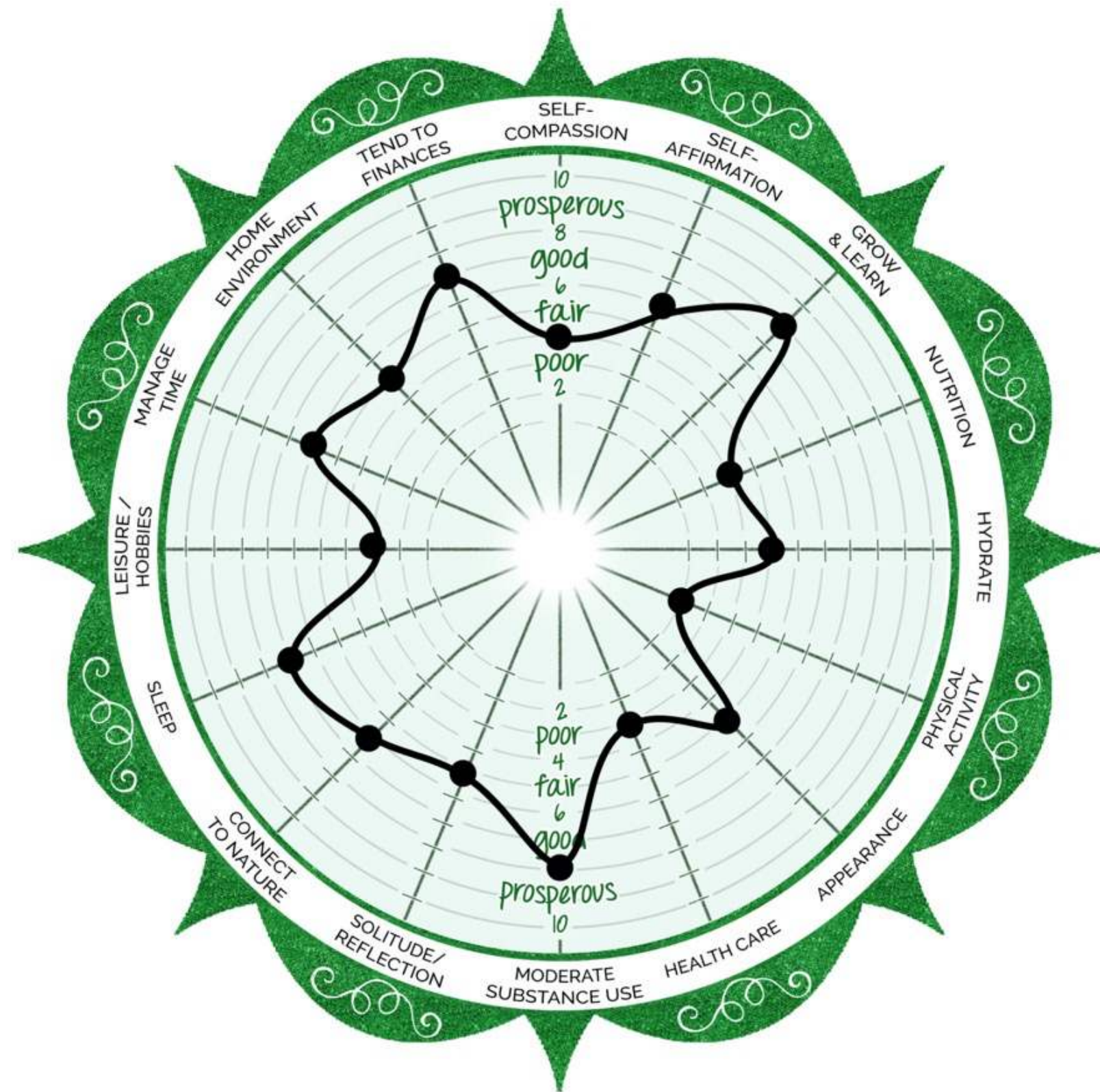
“You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.”

- *Buddha*

Self-Care Wheel



Sample Completed Self-Care Wheel



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



JOYCE MARTER

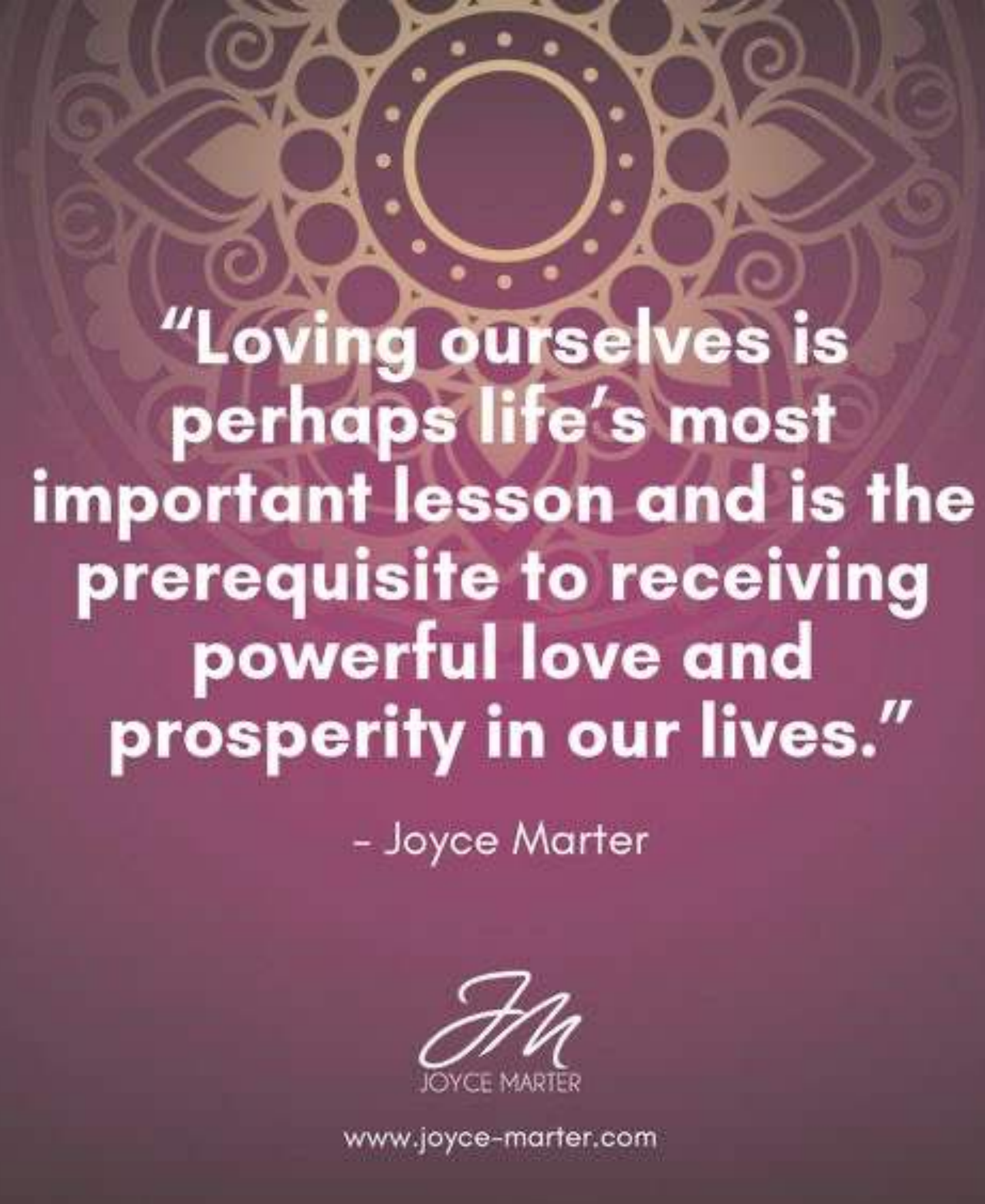
PSYCHOTHERAPIST & SPEAKER

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Healthy self-esteem is
midway between
DIVA & DOORMAT.





**“Loving ourselves is
perhaps life’s most
important lesson and is the
prerequisite to receiving
powerful love and
prosperity in our lives.”**

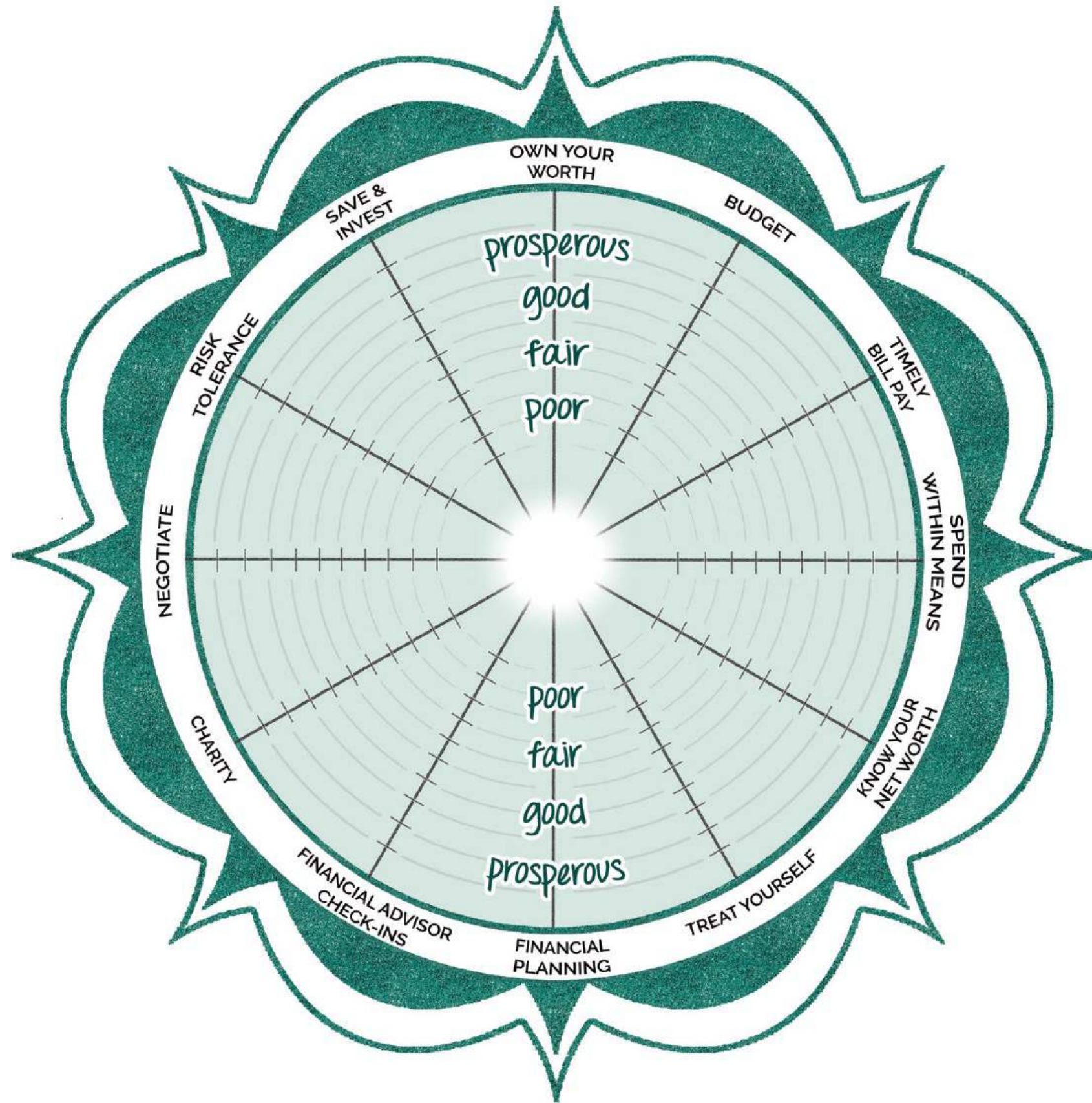
– Joyce Marter



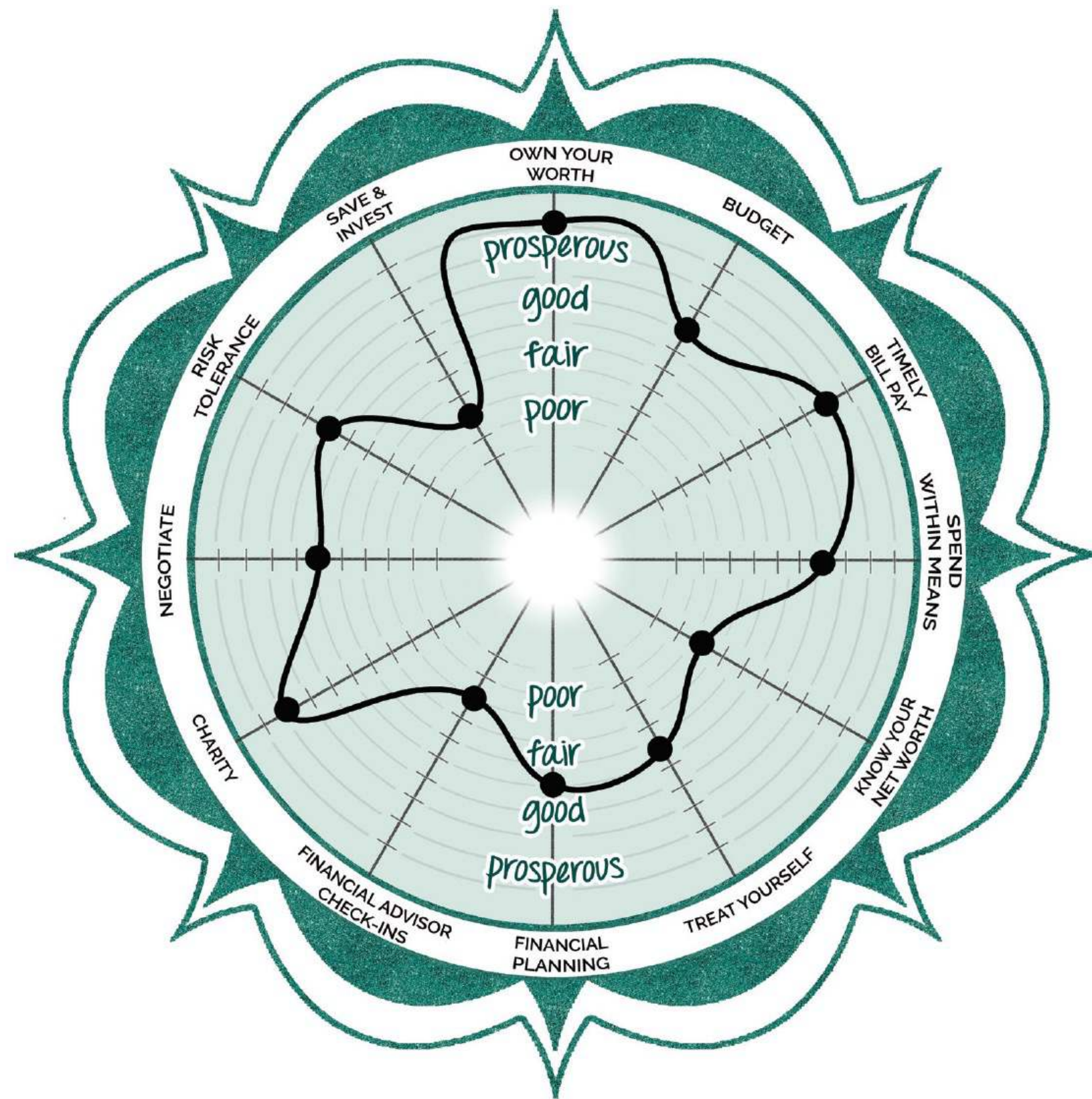
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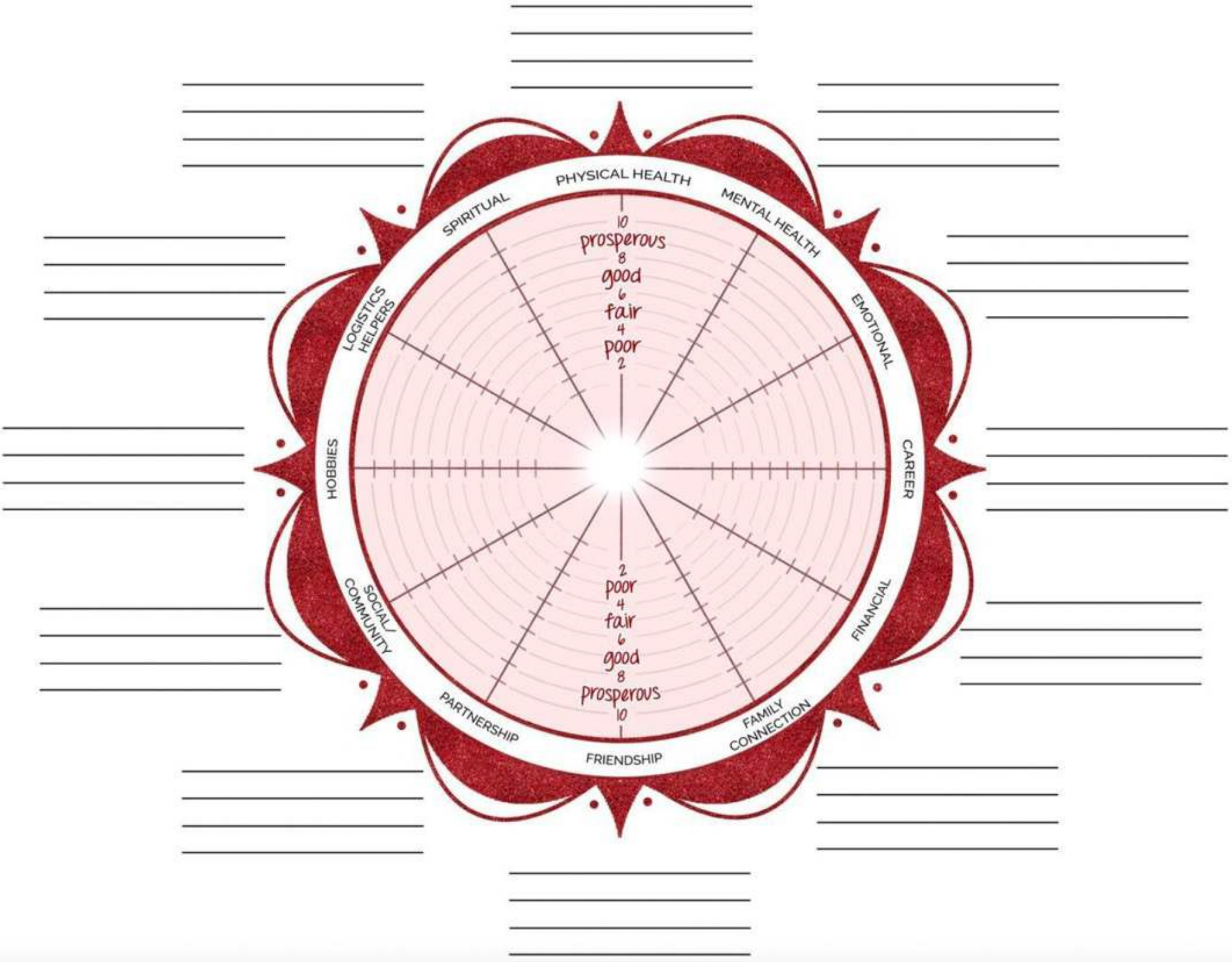


The Financial Health Wheel

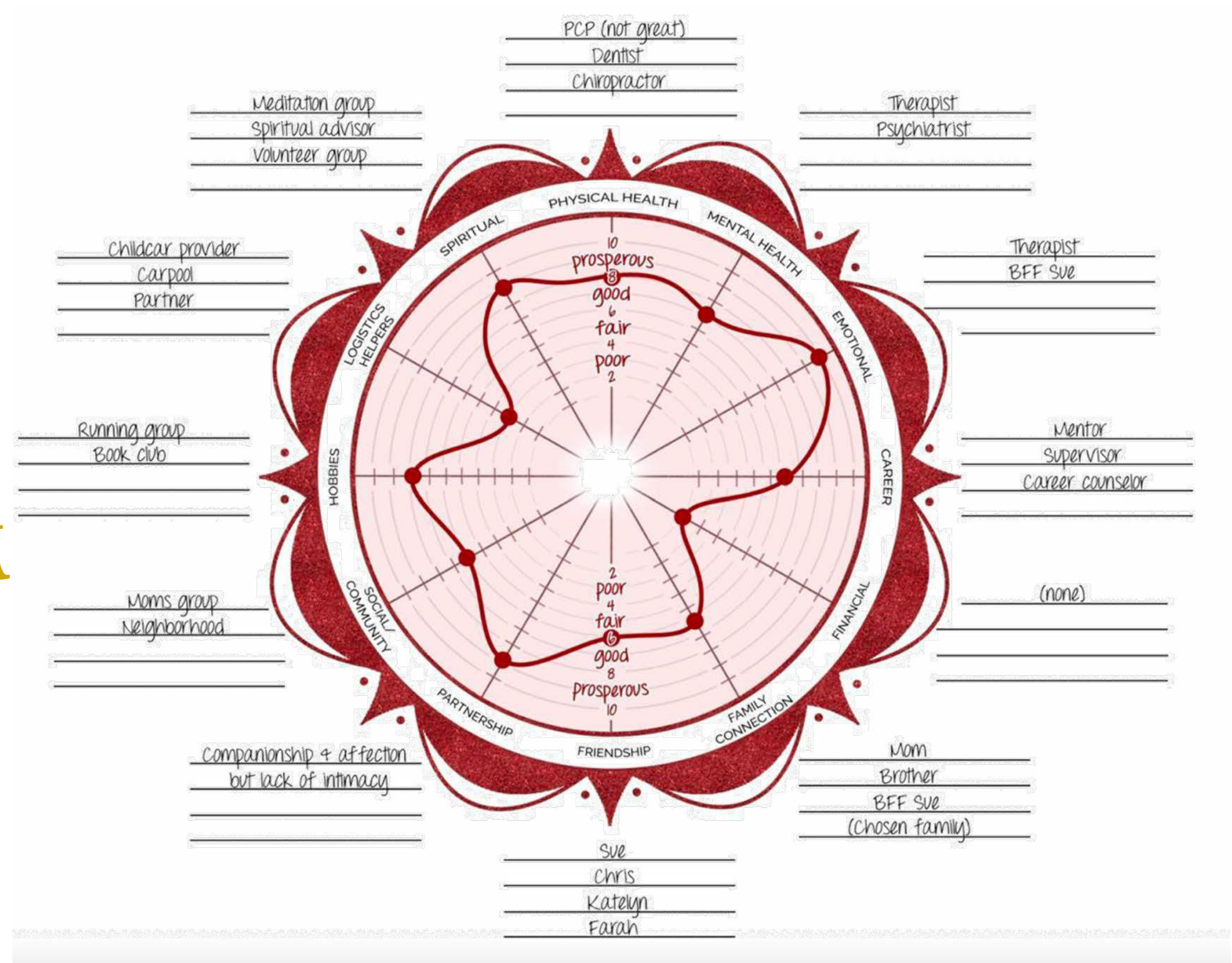


Sample Completed Financial Health Wheel

Support Network Wheel



Sample Support Network Wheel



**"I choose relationships that
lift me up and support me."**






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“ Your professional success
is a direct reflection
of your ability to embrace
your unique gifts &
match them with a need
in the world.”



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Steps to Wellness

- Acknowledge if you are in stressed or burnt out
- Honor your emotions (no blame or shame)
- Create and implement a holistic plan to recover
- Infuse yourself with self-care
- Advocate for yourself
- Access support

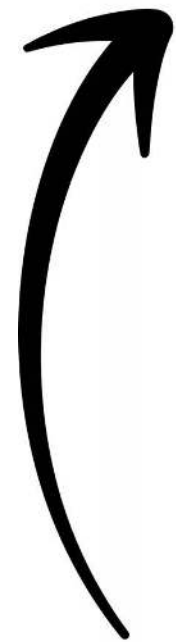
We are in this together!



Action Plan

KEEP (doing)	START (doing)	STOP (doing)

Resources



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Thank You!

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