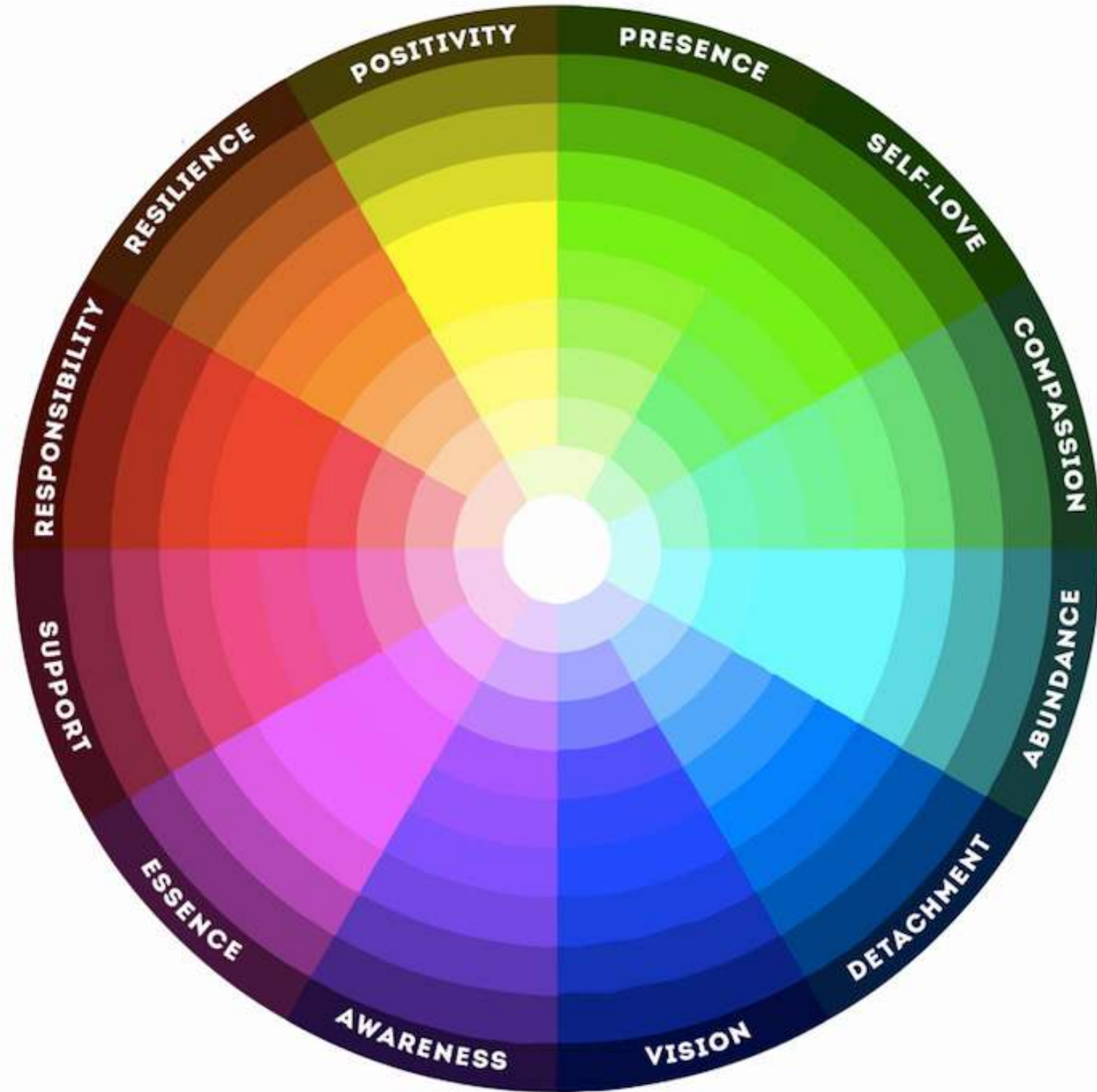


# The Psychology of Success





# The Keys to Success



# 1. Self Awareness

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

- *Lao Tzu*





"SUCCESS BEGINS WITH  
AN AWAKENING,  
AN HONORING OF THE PAST  
FOR HOW IT HAS SHAPED  
& MOLDED US,  
AND A CHOICE TO  
TAKE RESPONSIBILITY FOR  
OUR PATH GOING  
*FORWARD.*"

*JM*  
JOYCE MARTER

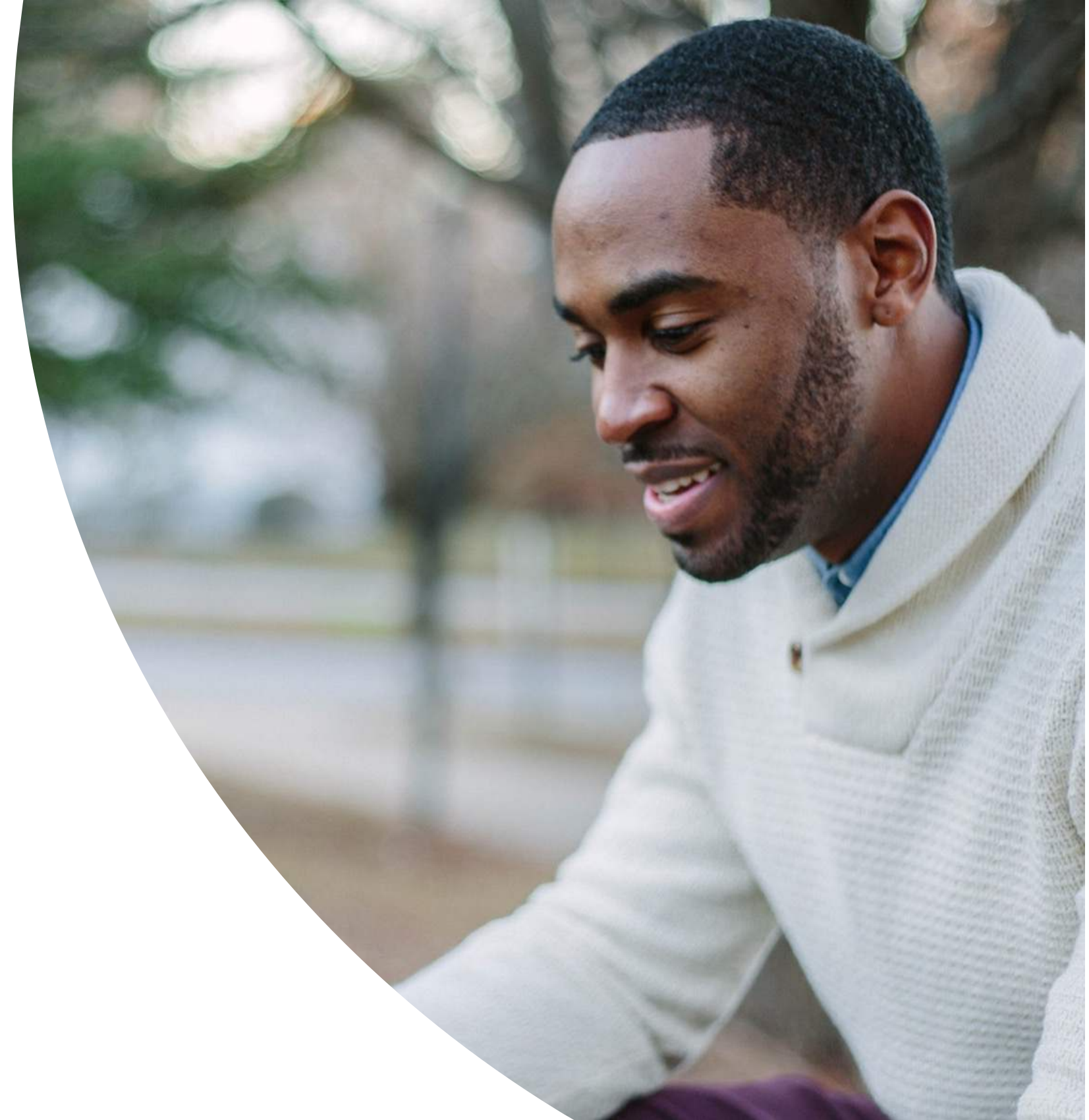




## 2. Presence

“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





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

*JM*  
JOYCE MARTER









"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.

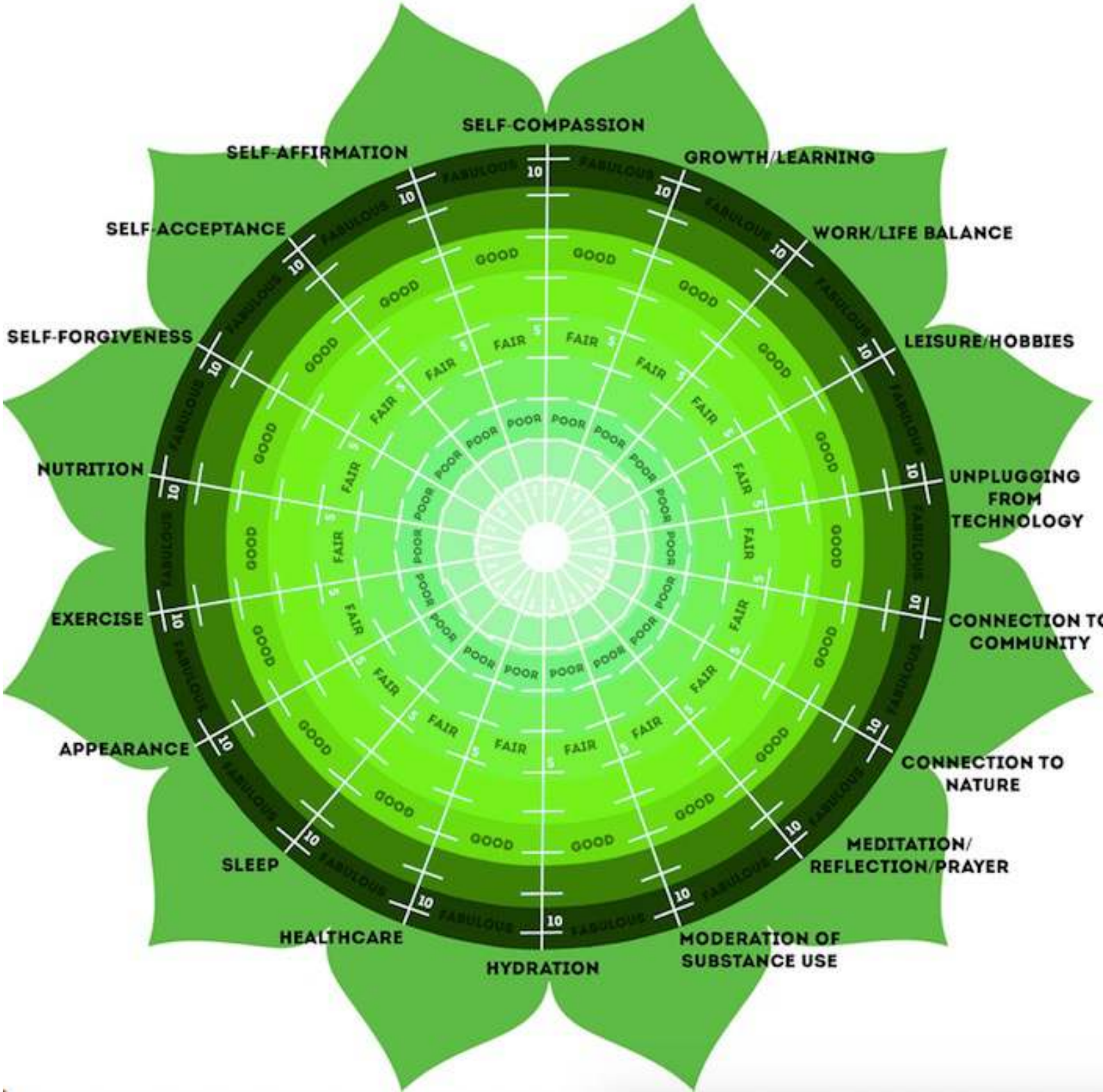








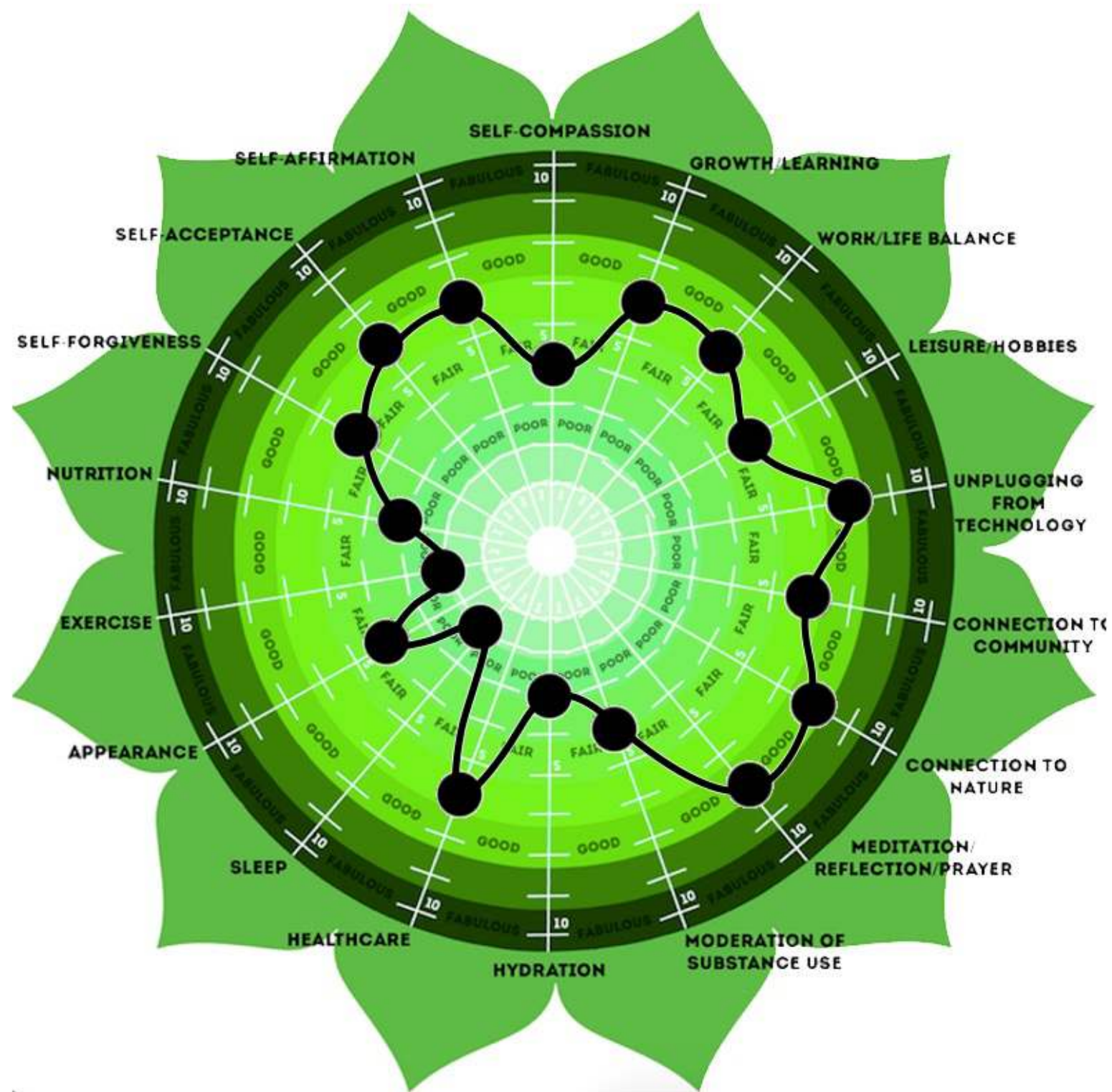
1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



# Self Love Wheel



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



Self Love Wheel



# 6. Support

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

- *Helen Keller*

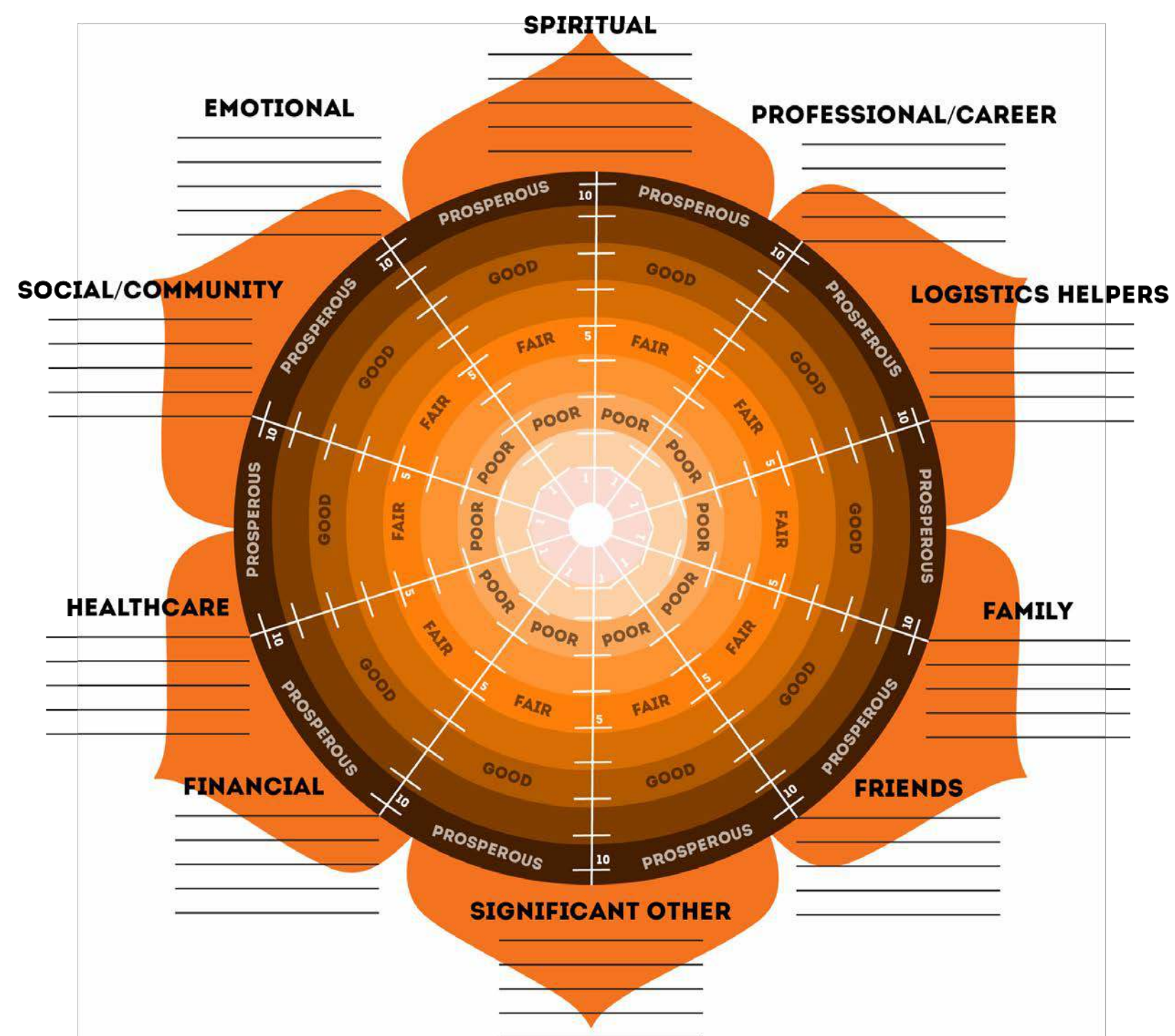








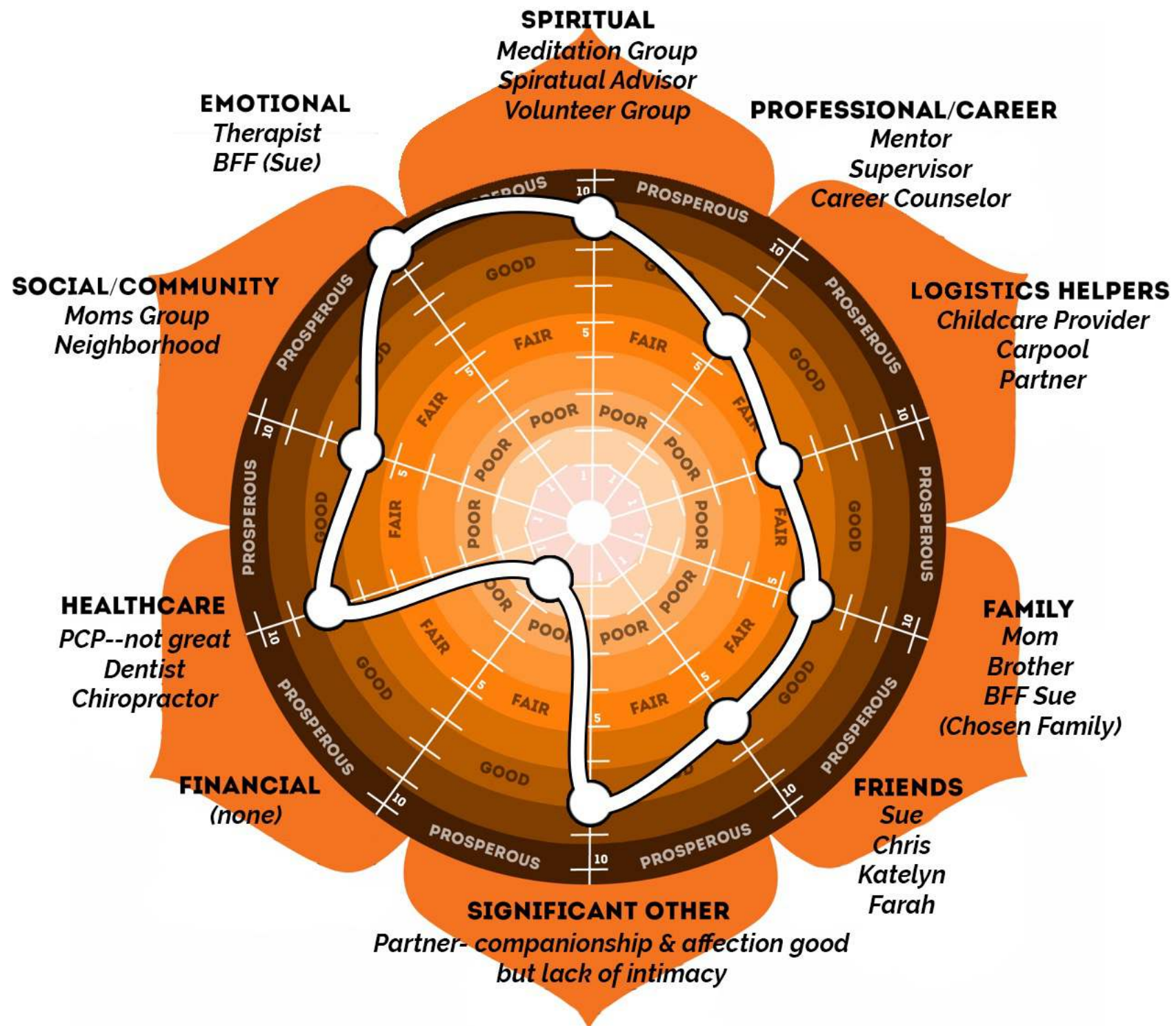
1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Support Wheel



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



Support Wheel



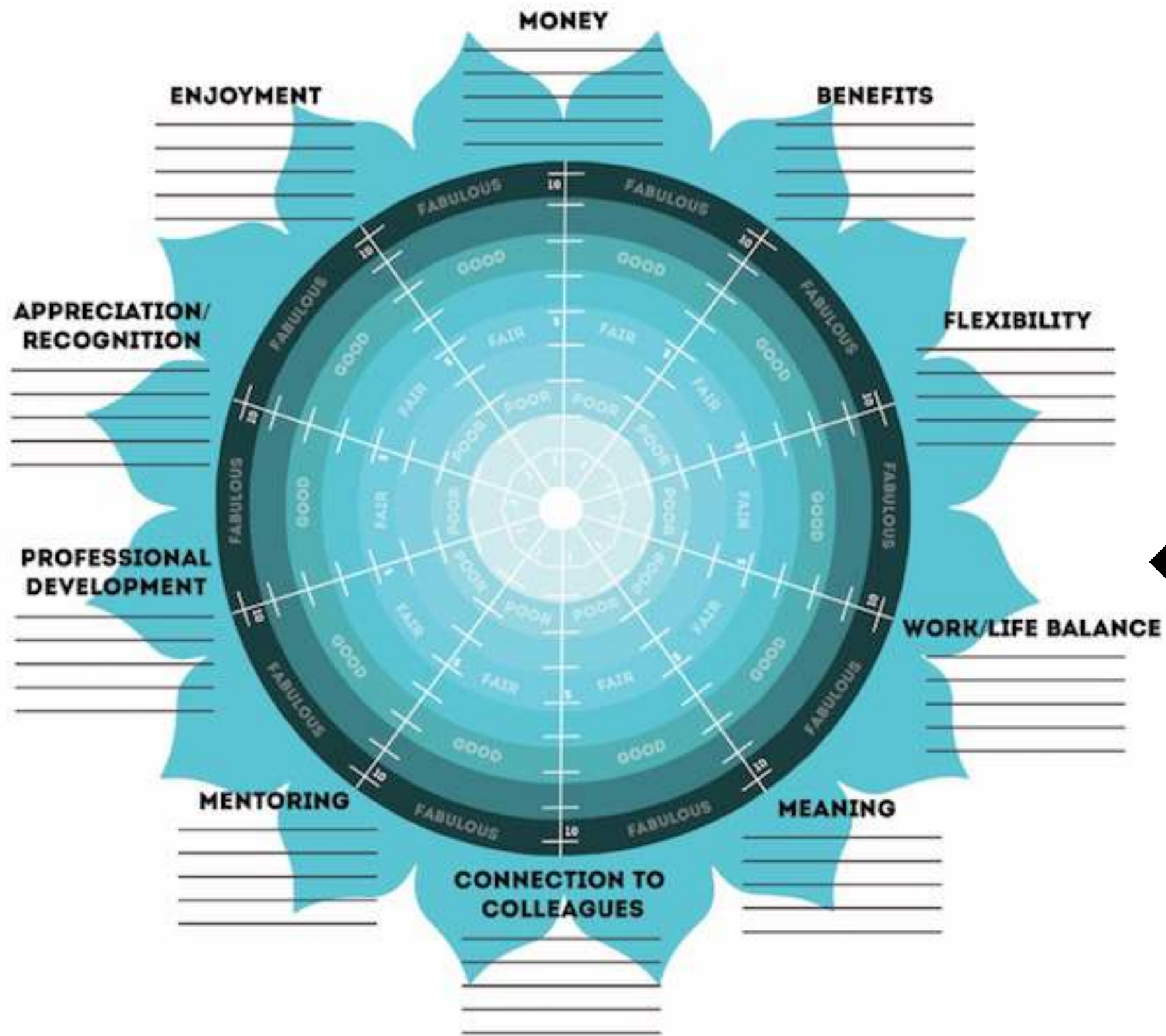


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[-marter.com](http://-marter.com)  
[yce-marter.com](http://yce-marter.com)





# Professional Satisfaction Wheel

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



# 7. Essence

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

*-Eckhart Tolle*





"Our issues are HOW we  
are, not WHO we are.

Who we are is  
our unique light  
*within"*

*JM*

JOYCE MARTER

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# 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*  
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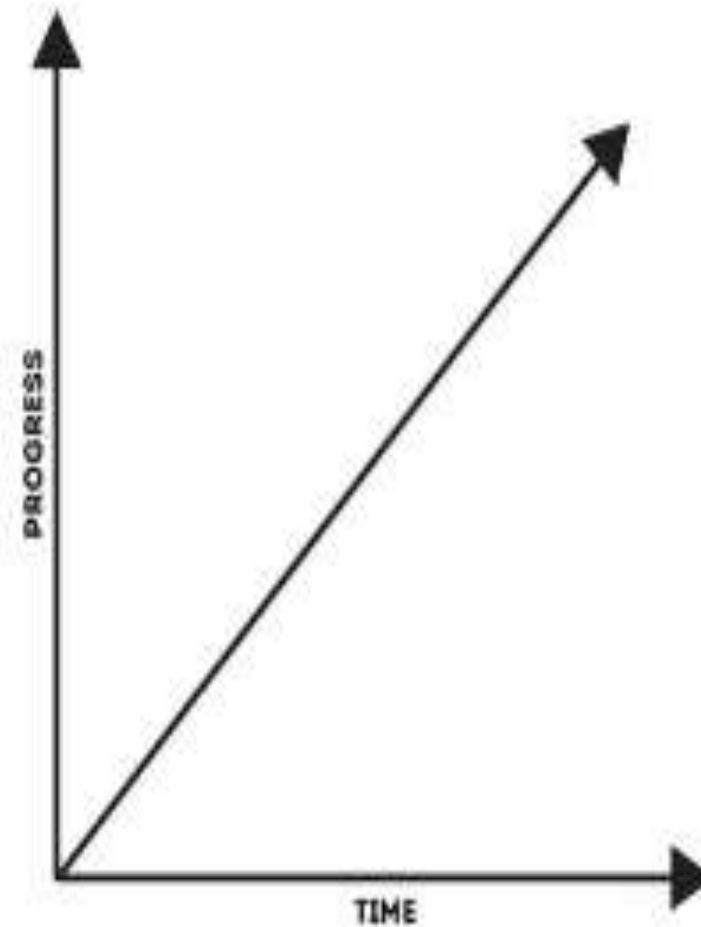




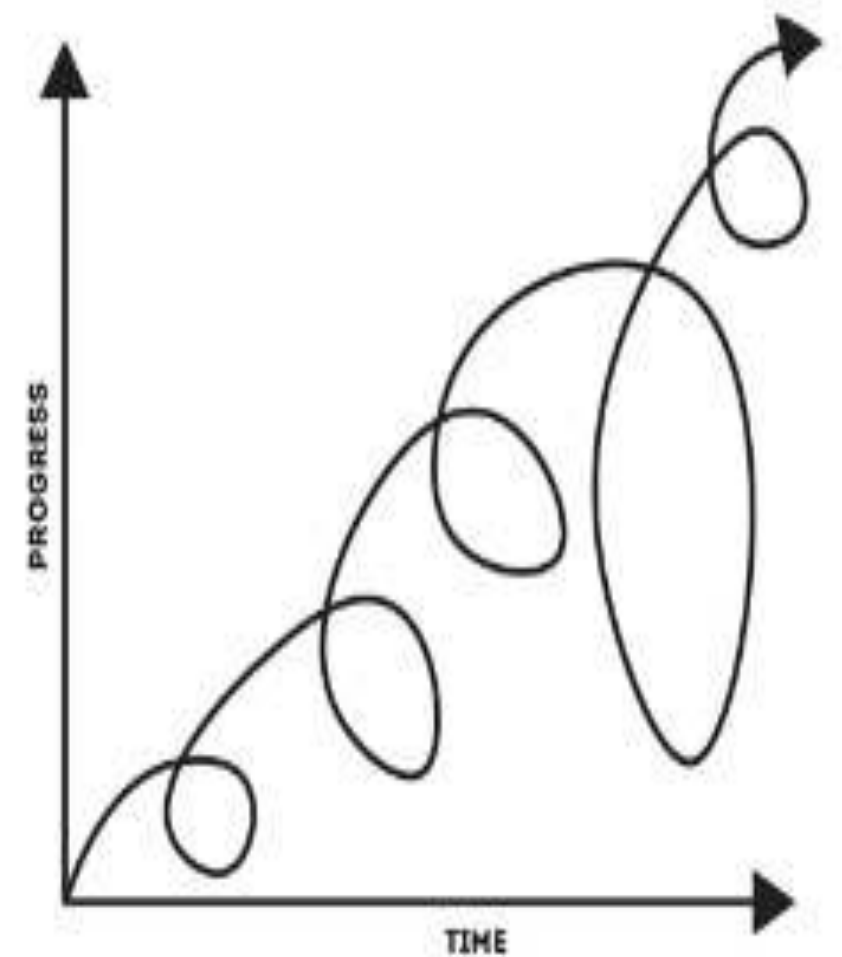
# 11. Resilience

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

- *Eckhart Tolle*



WHAT WE EXPECT



REALITY























# Old Choice

**Fight, Flight or Freeze**  
(unconscious & rigid response to fear)





# New Choice

**Compassionate Connection, Intuition  
& Creative Problem Solving**  
(flexible, fluid & adaptable)





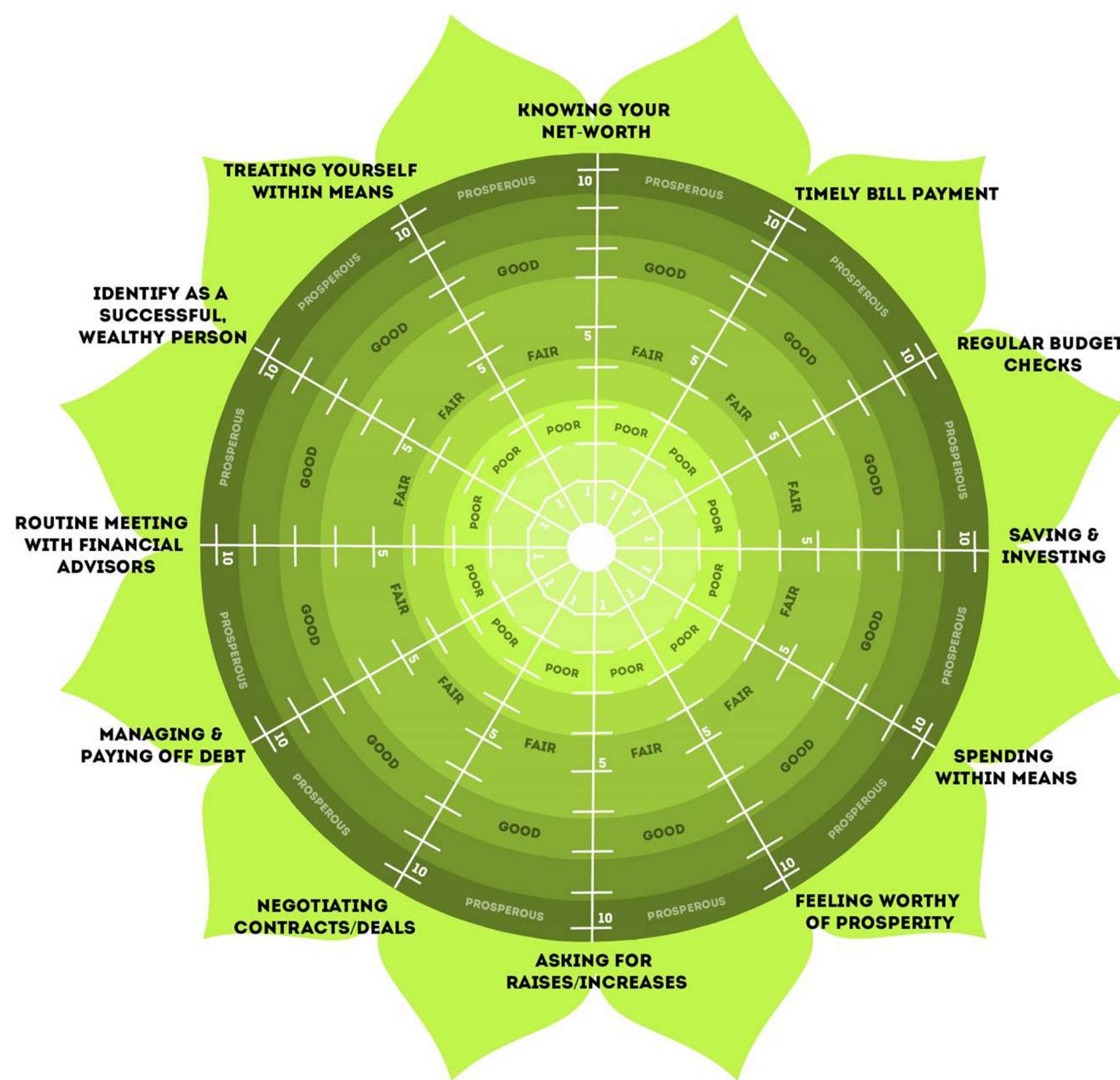
# 12. Abundance

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

- *Dr. Joyce Brothers*







# Financial Self Care Wheel Exercise

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





















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





# Free Resources

- Slides, Exercises, & Links





# Thank You!

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