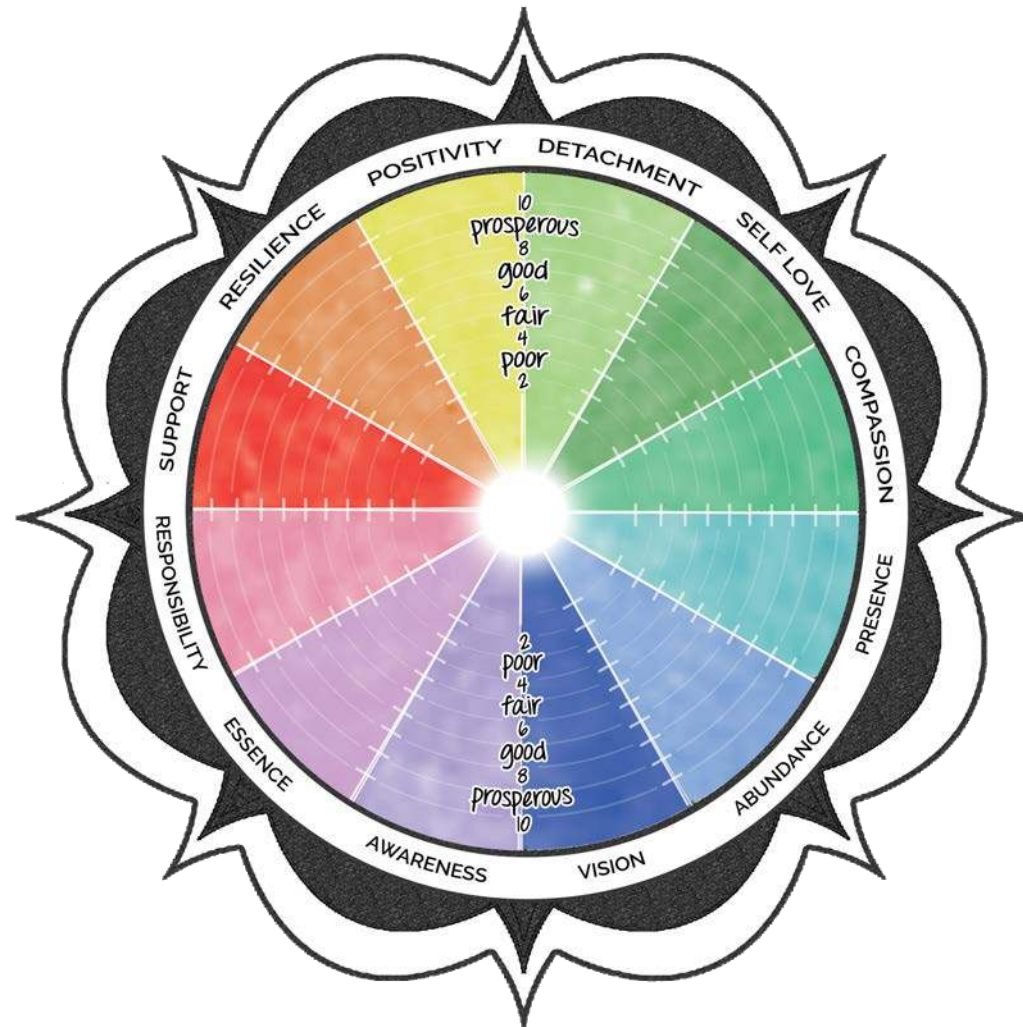


# The Psychology of Success



**A Surprise  
Bonus from  
Therapy**

# The Keys to Success



# 1. Self Awareness

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

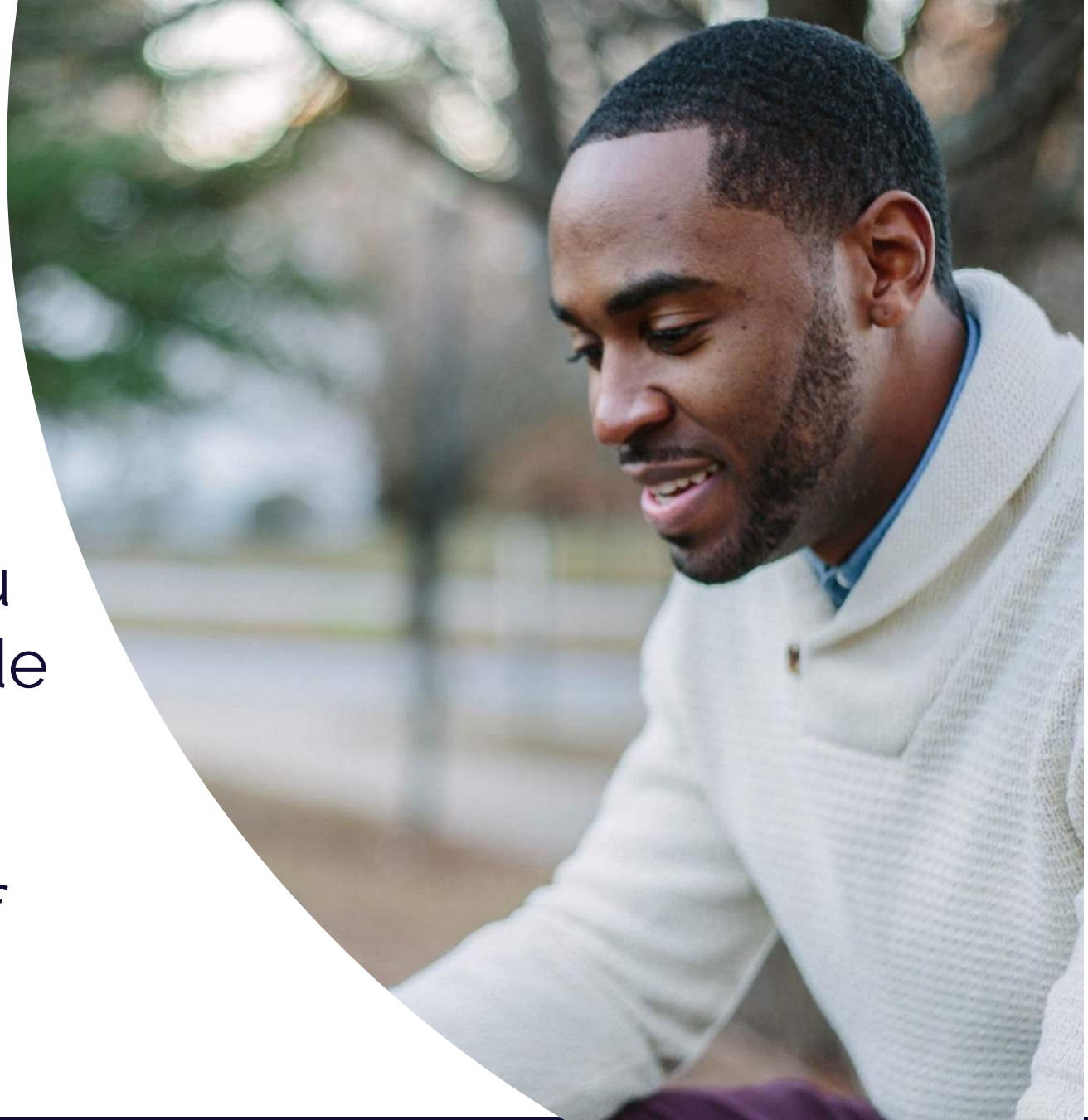
- *Lao Tzu*



# 2. Presence

“Be as 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.”

A stylized, cursive signature logo consisting of the letters 'J' and 'M' intertwined.

JOYCE MARTER

PSYCHOTHERAPIST & SPEAKER

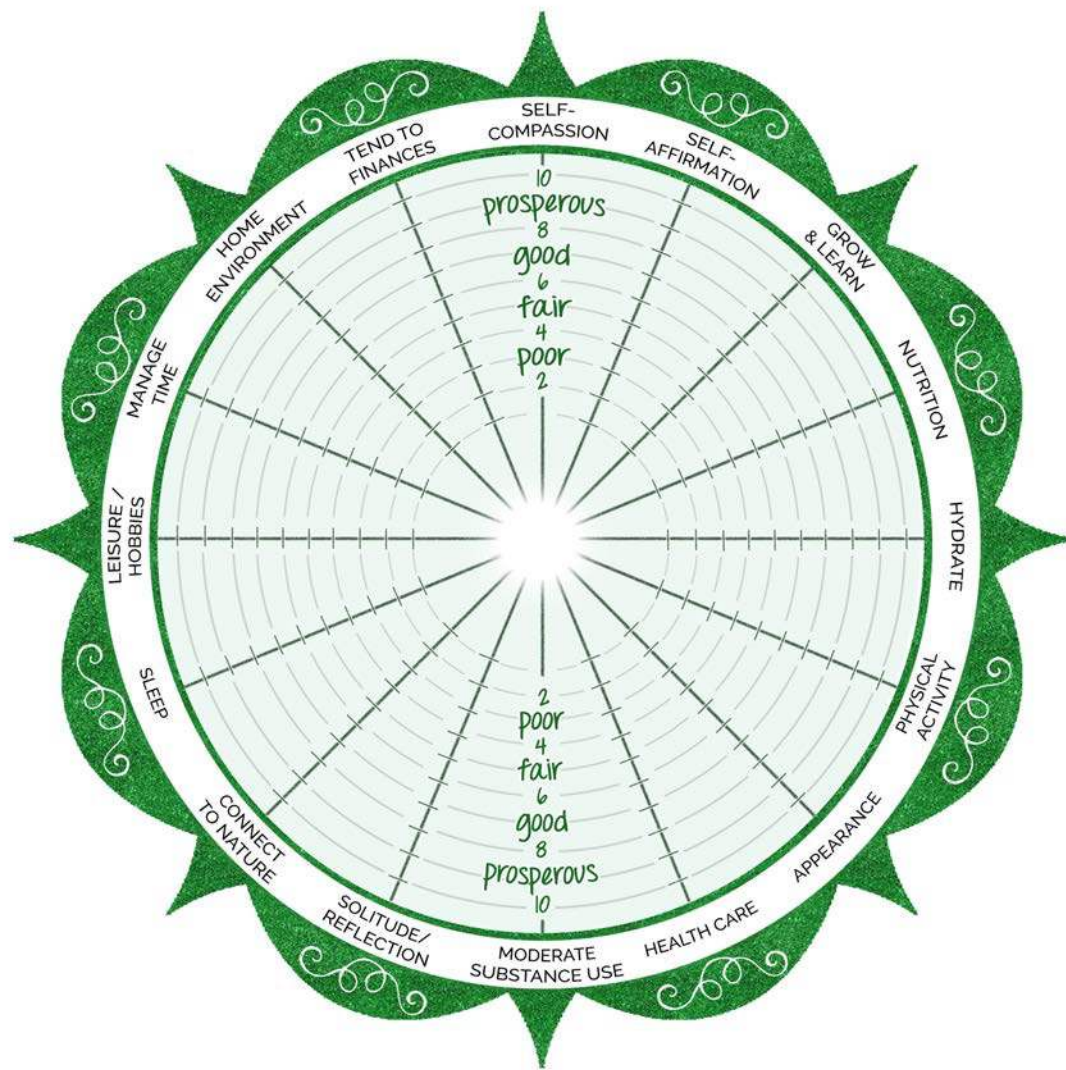
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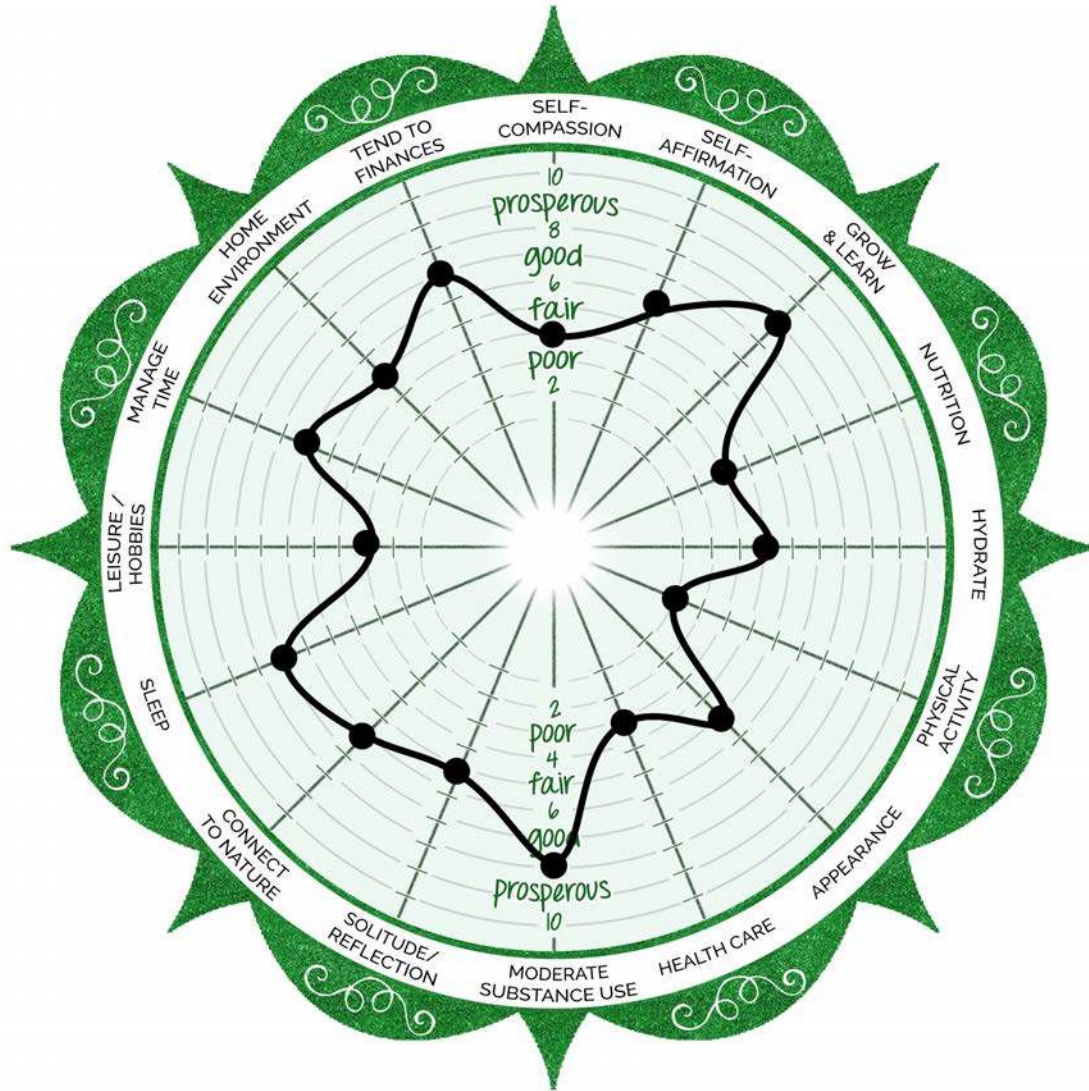
# Self-Esteem

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





# Self Love Wheel



# Self Love Wheel

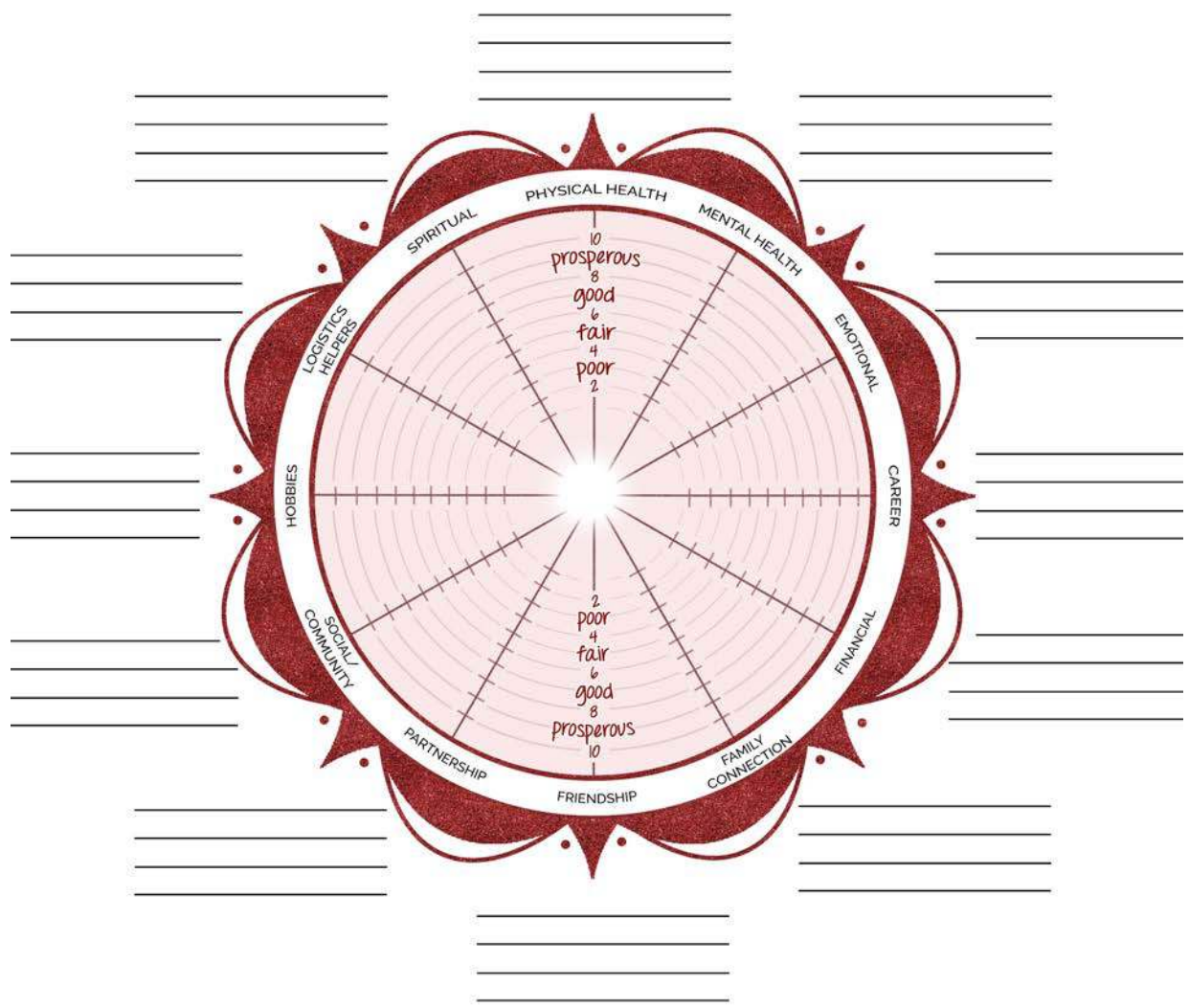
# 6. Support

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

*- Helen Keller*

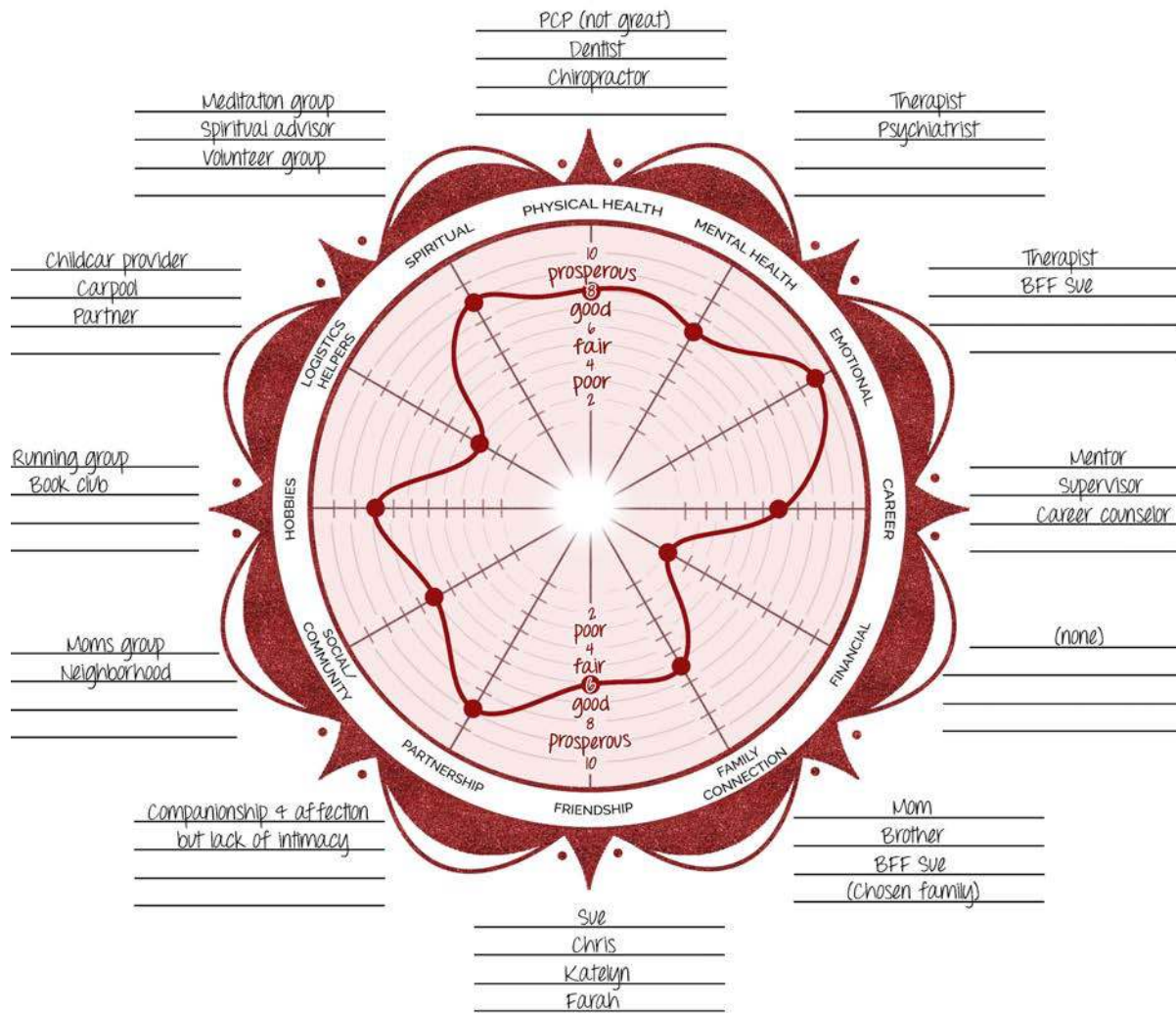






# Support Wheel





# Support Wheel

# 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*



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# 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*.

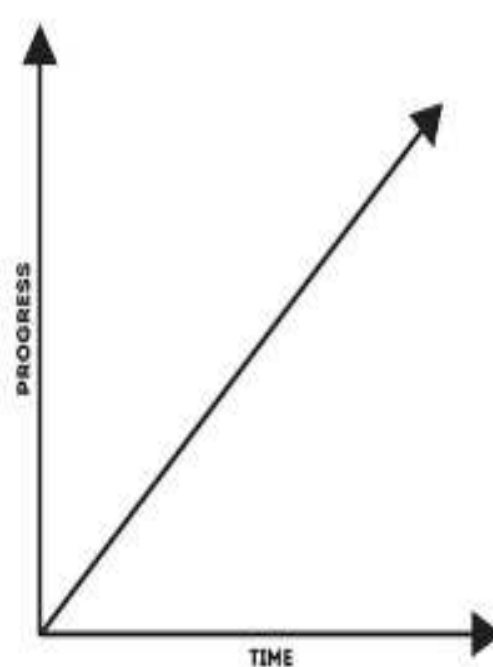
*JM*  
JOYCE MARTER



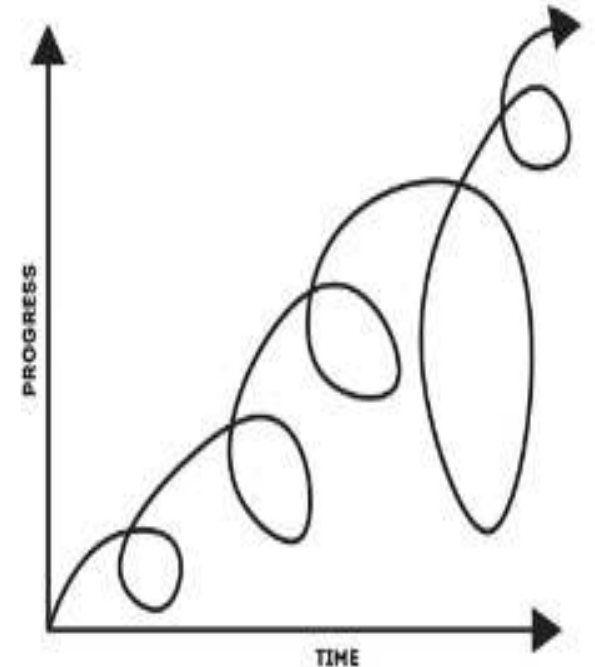
# 11. Resilience

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

- *Eckhart Tolle*



WHAT WE EXPECT



REALITY





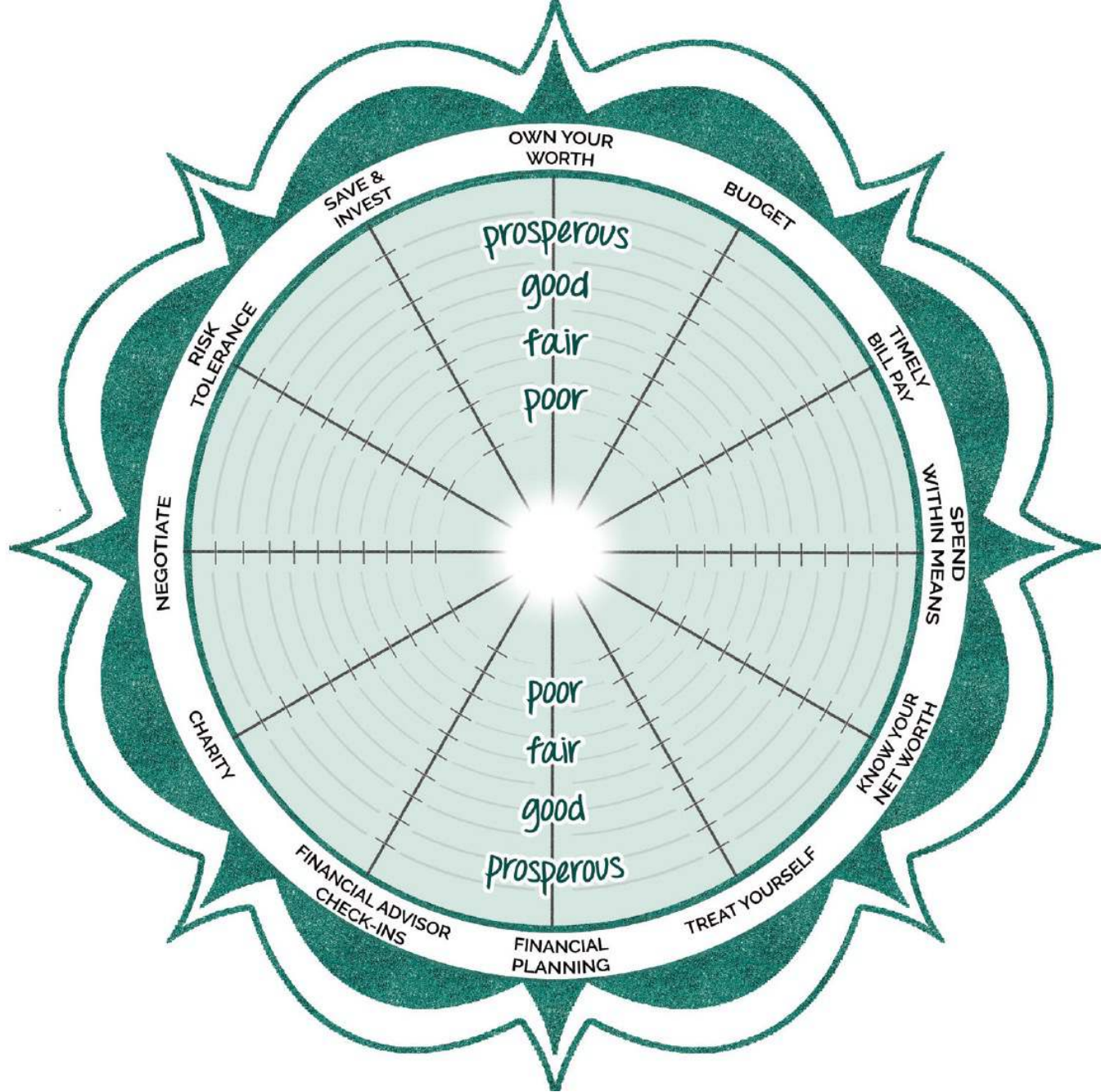


# 12. Abundance

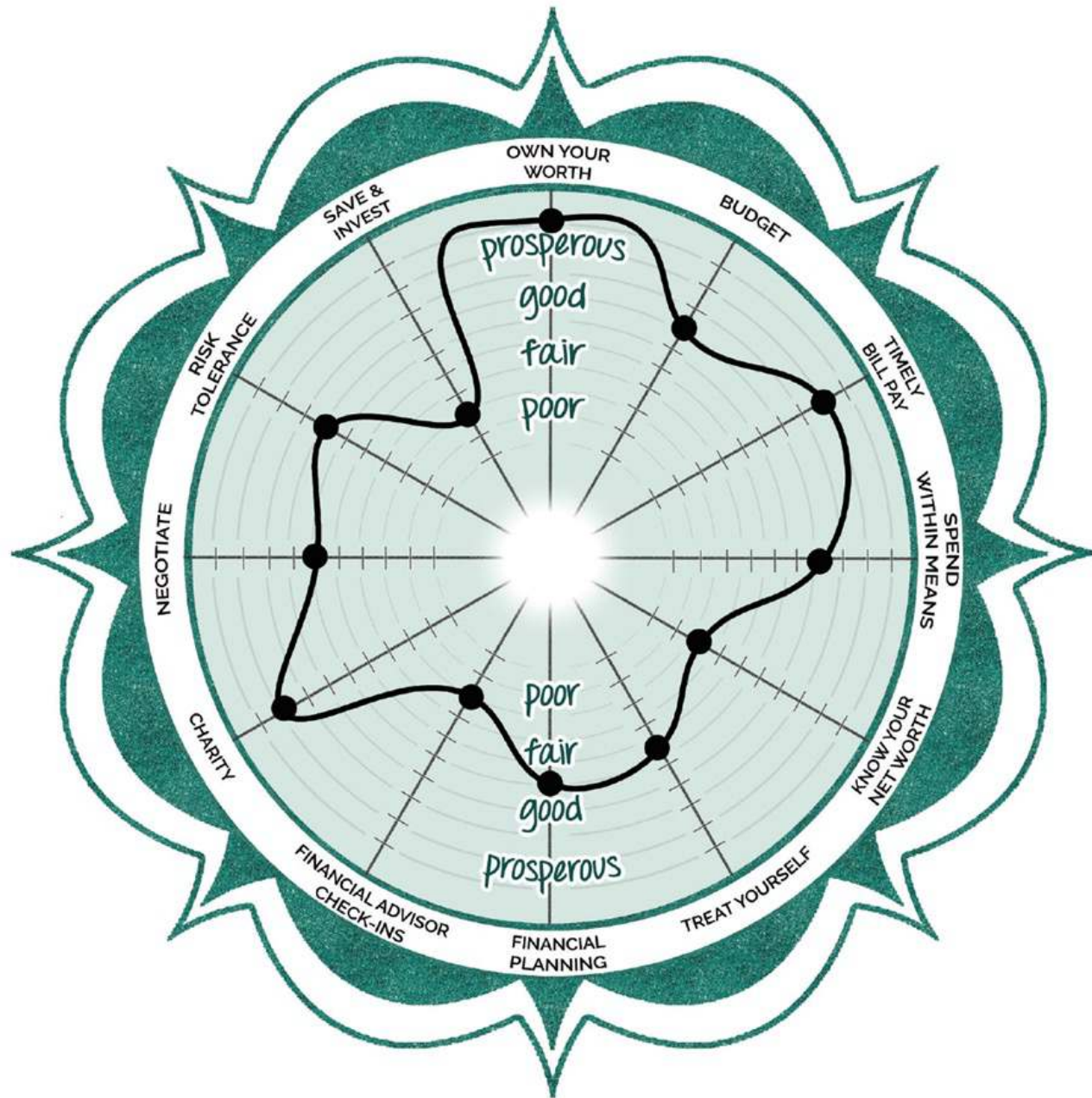
“Success is a state of mind. In order to be a success, you must first think of yourself as a success.”

- *Dr. Joyce Brothers*



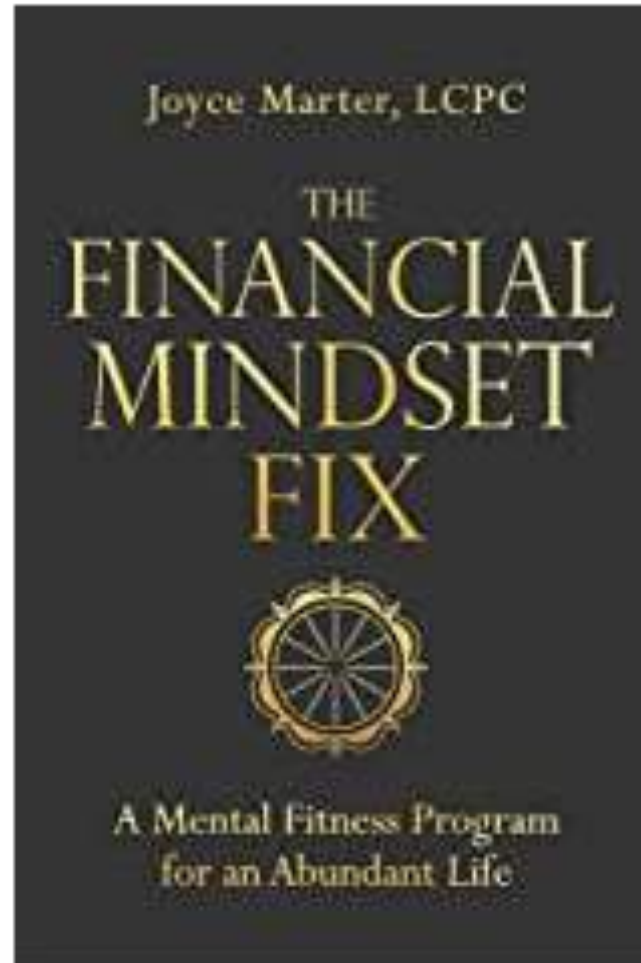


# The Financial Health Wheel



# Sample Completed Financial Health Wheel

Cultivate a life of greater prosperity, joy, and abundance!





*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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