

# Cultivating Self-Care, Support, & Work Satisfaction





*SCAN ME*

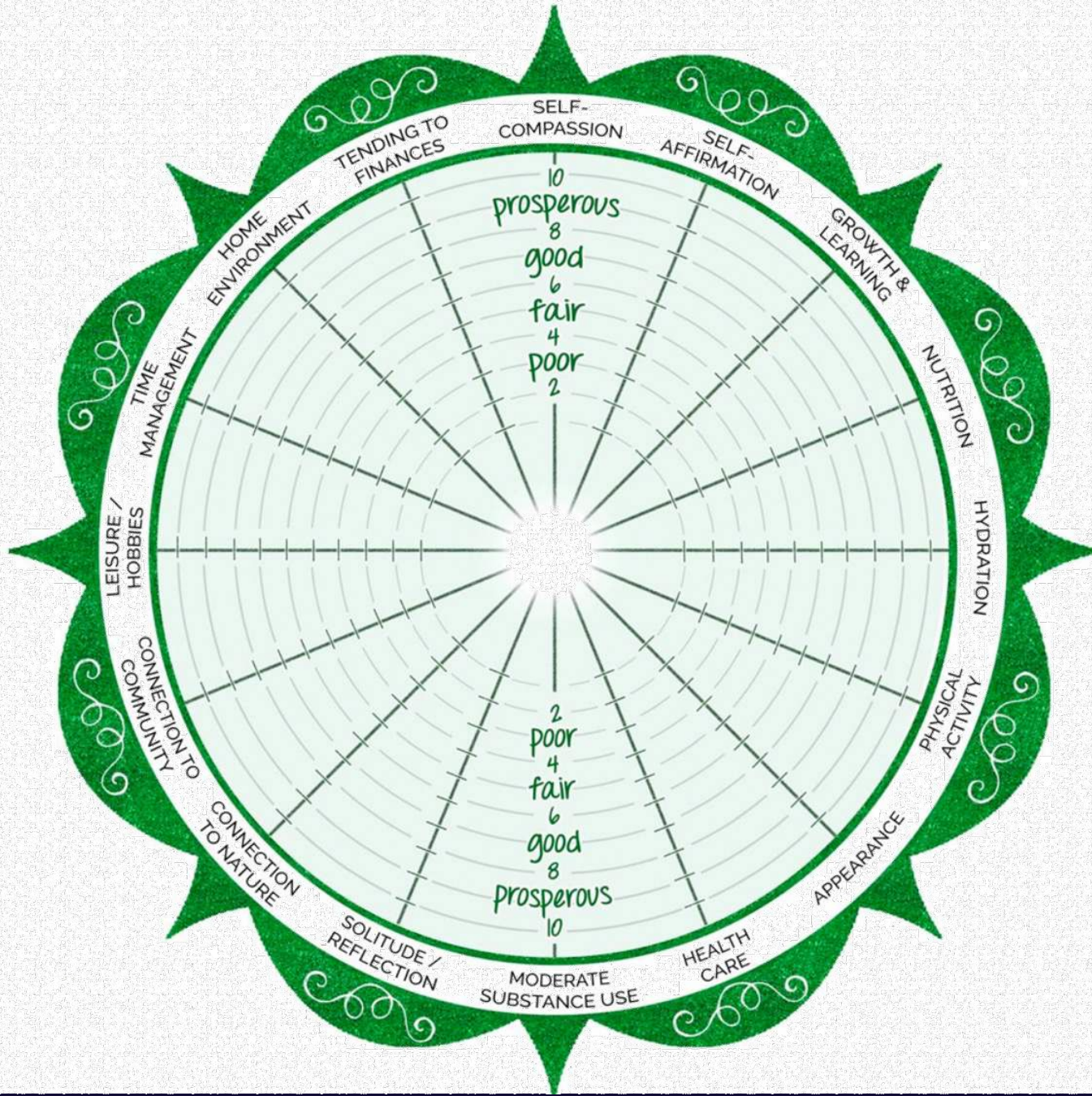
**Resources**

<https://qrco.de/bdPb5B>

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

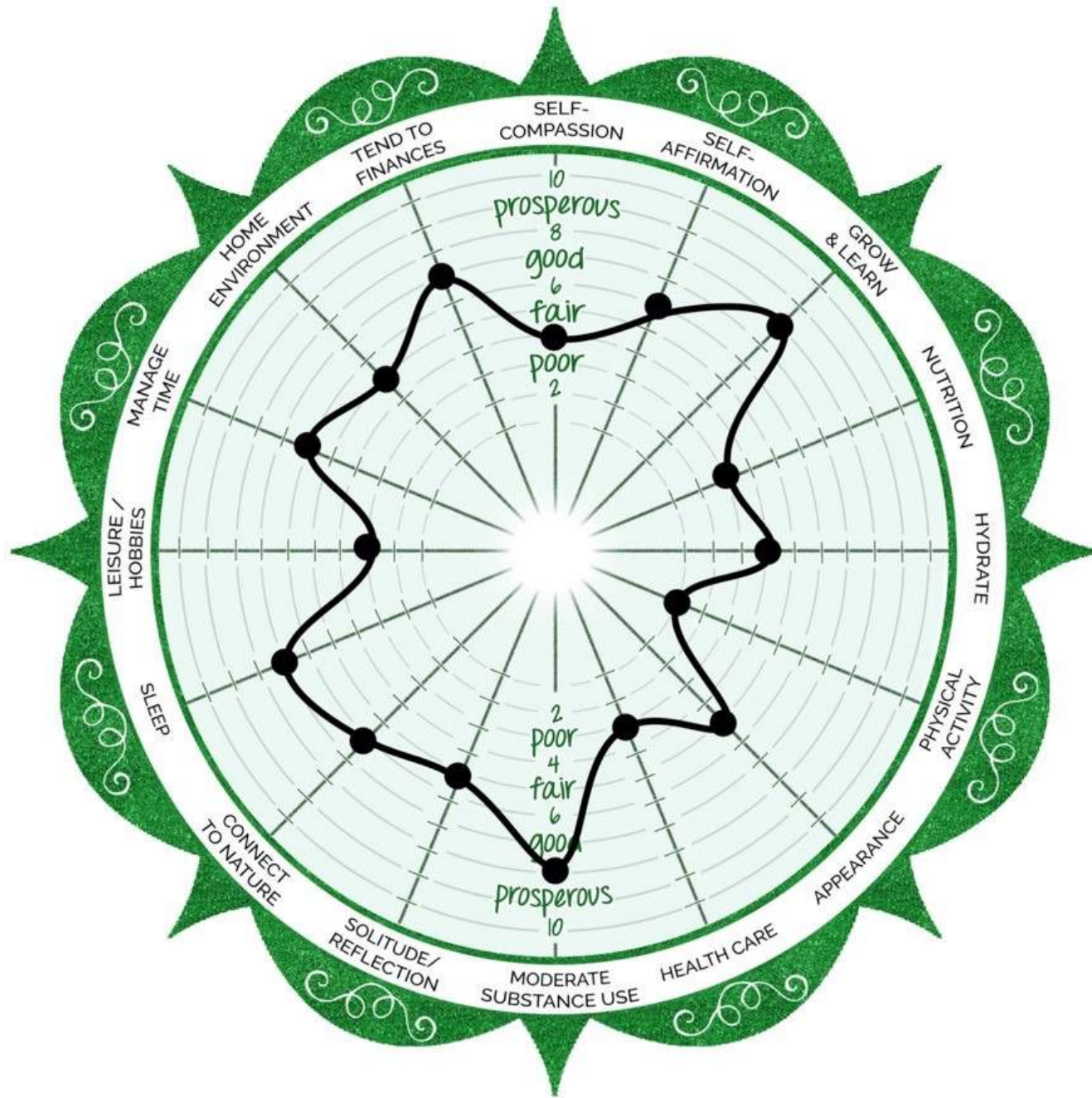






# Self-Care Wheel



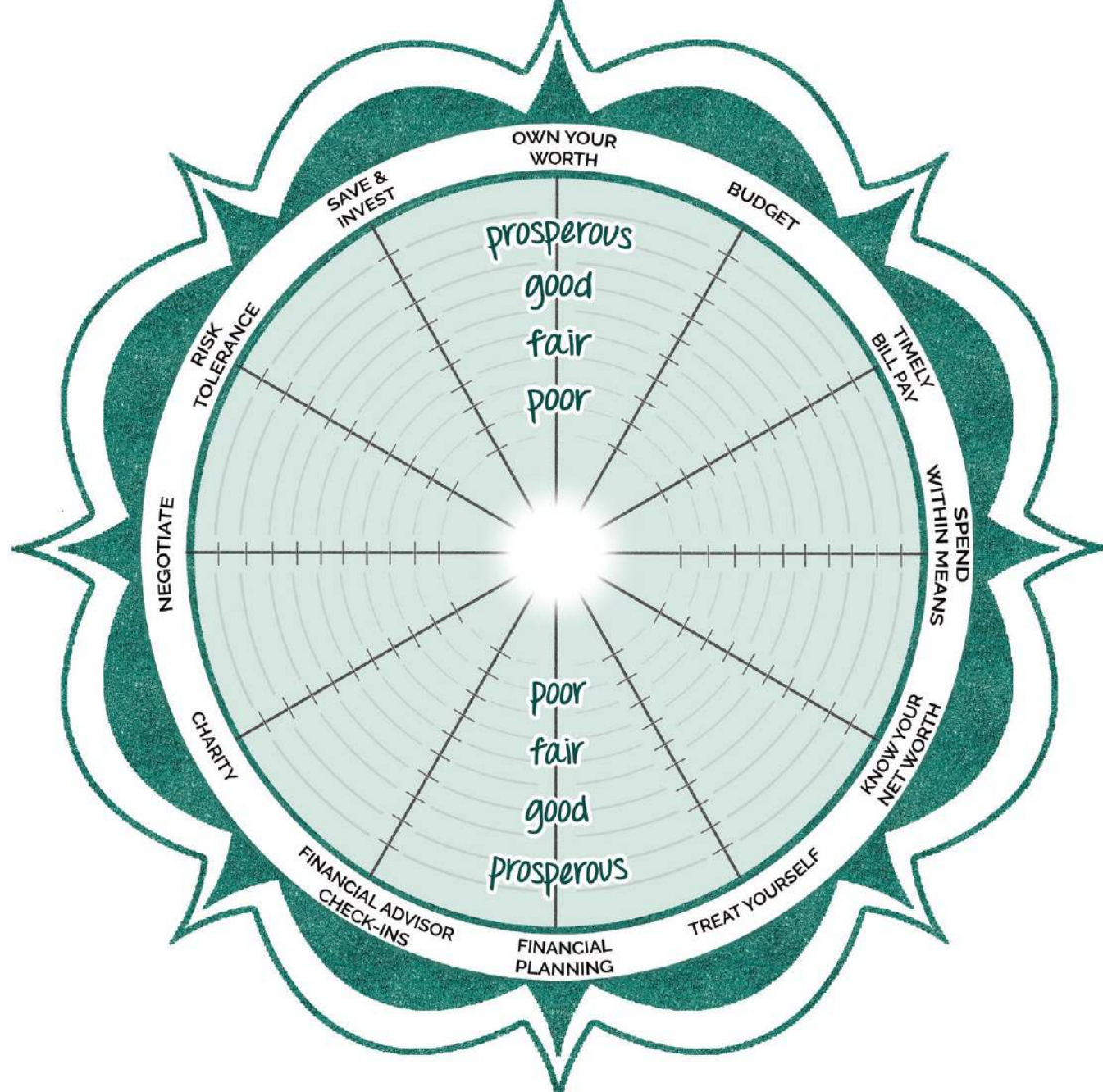


# Sample Completed Self-Care Wheel

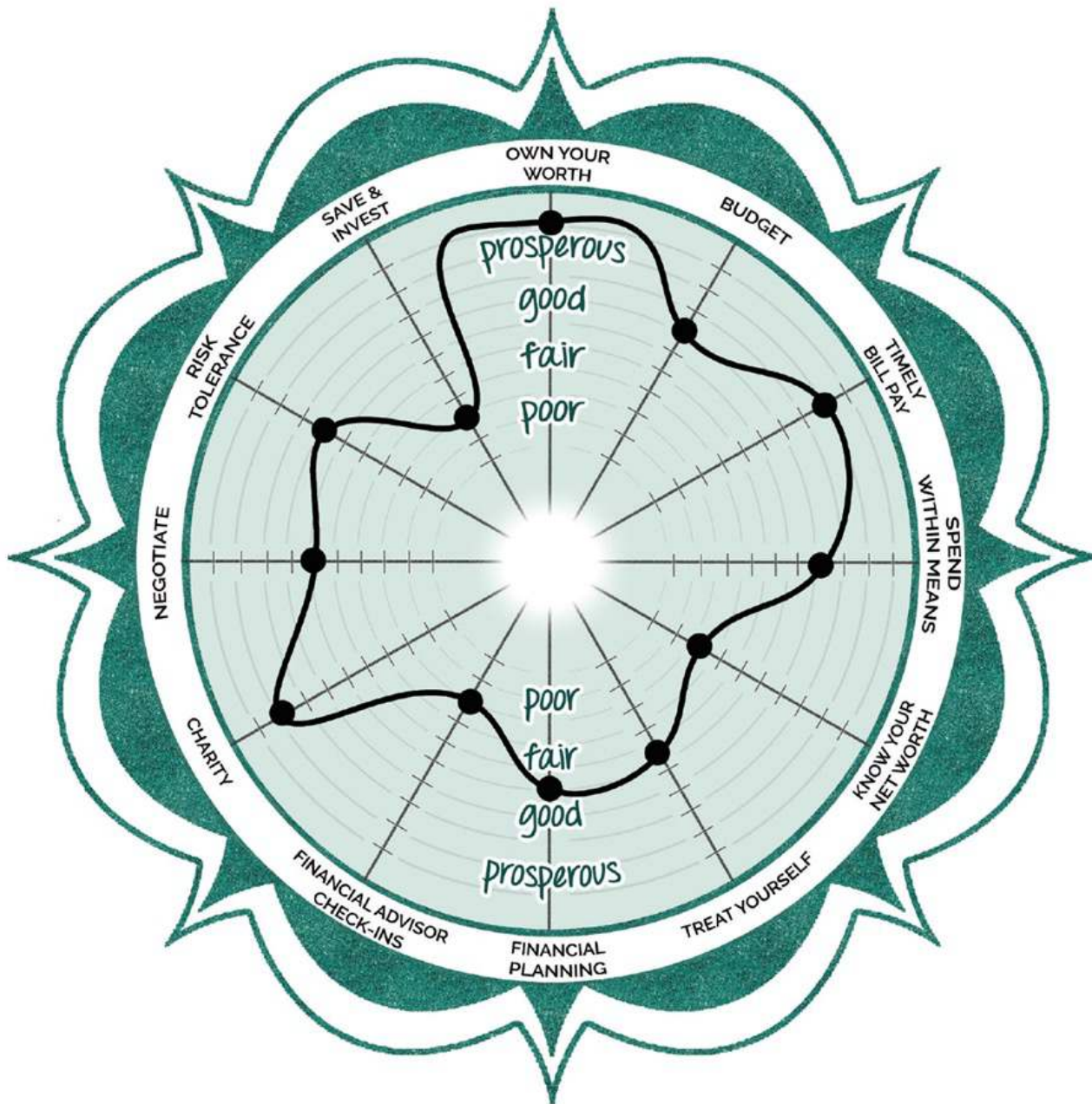
**Loving ourselves is perhaps life's most important lesson and is the prerequisite to receiving powerful love and prosperity in our lives.**







# The Financial Health Wheel



# Sample Completed Financial Health Wheel



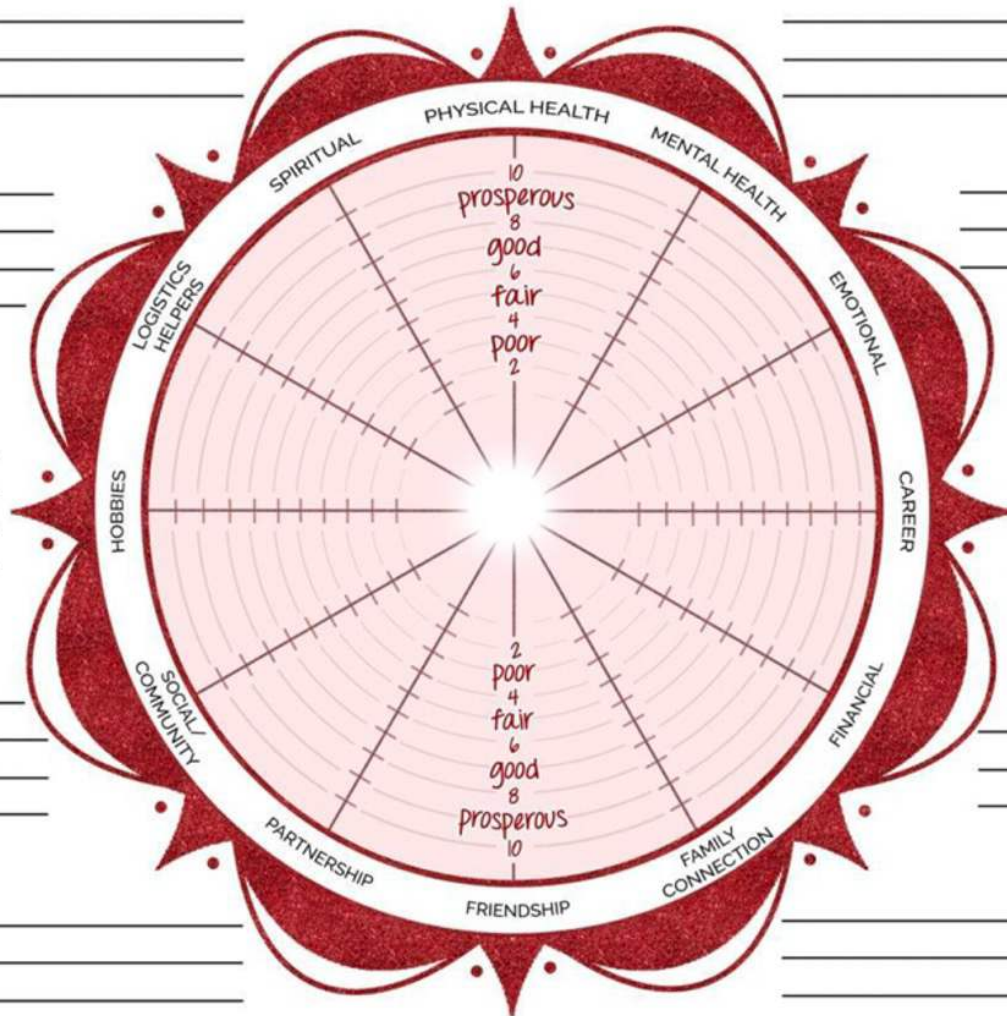
# Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness

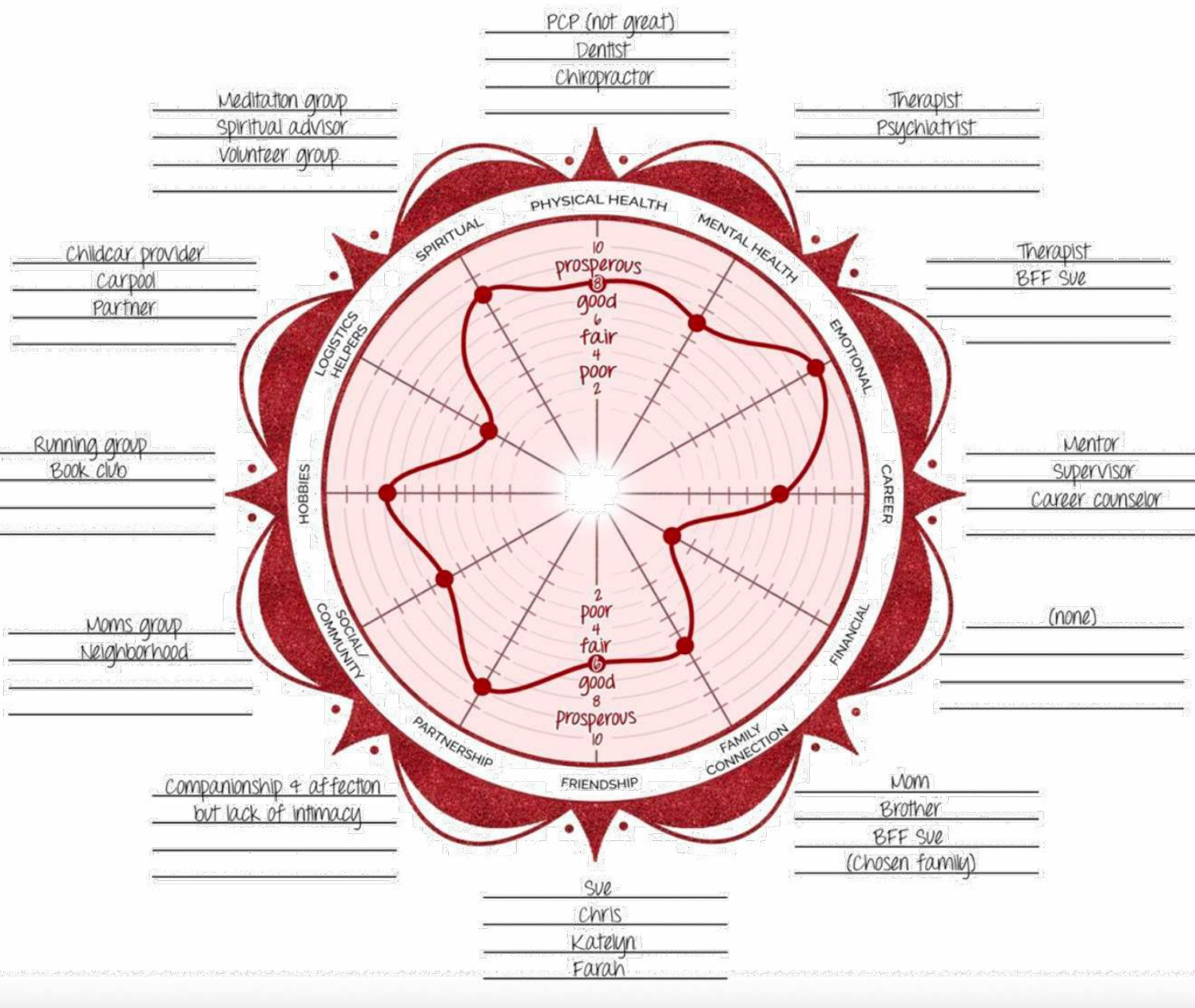
**"I choose relationships that  
lift me up and support me."**







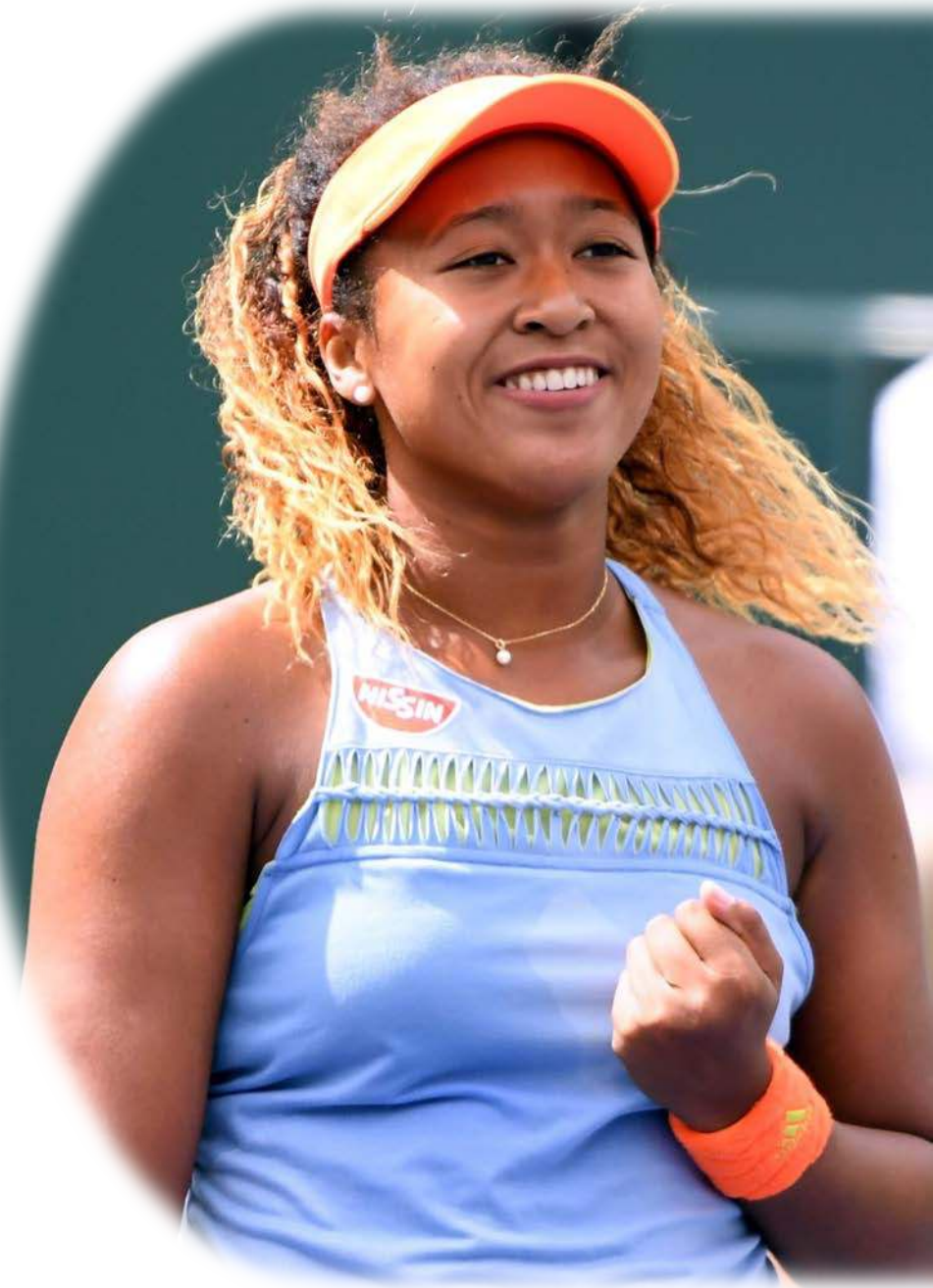
# Support Network Wheel

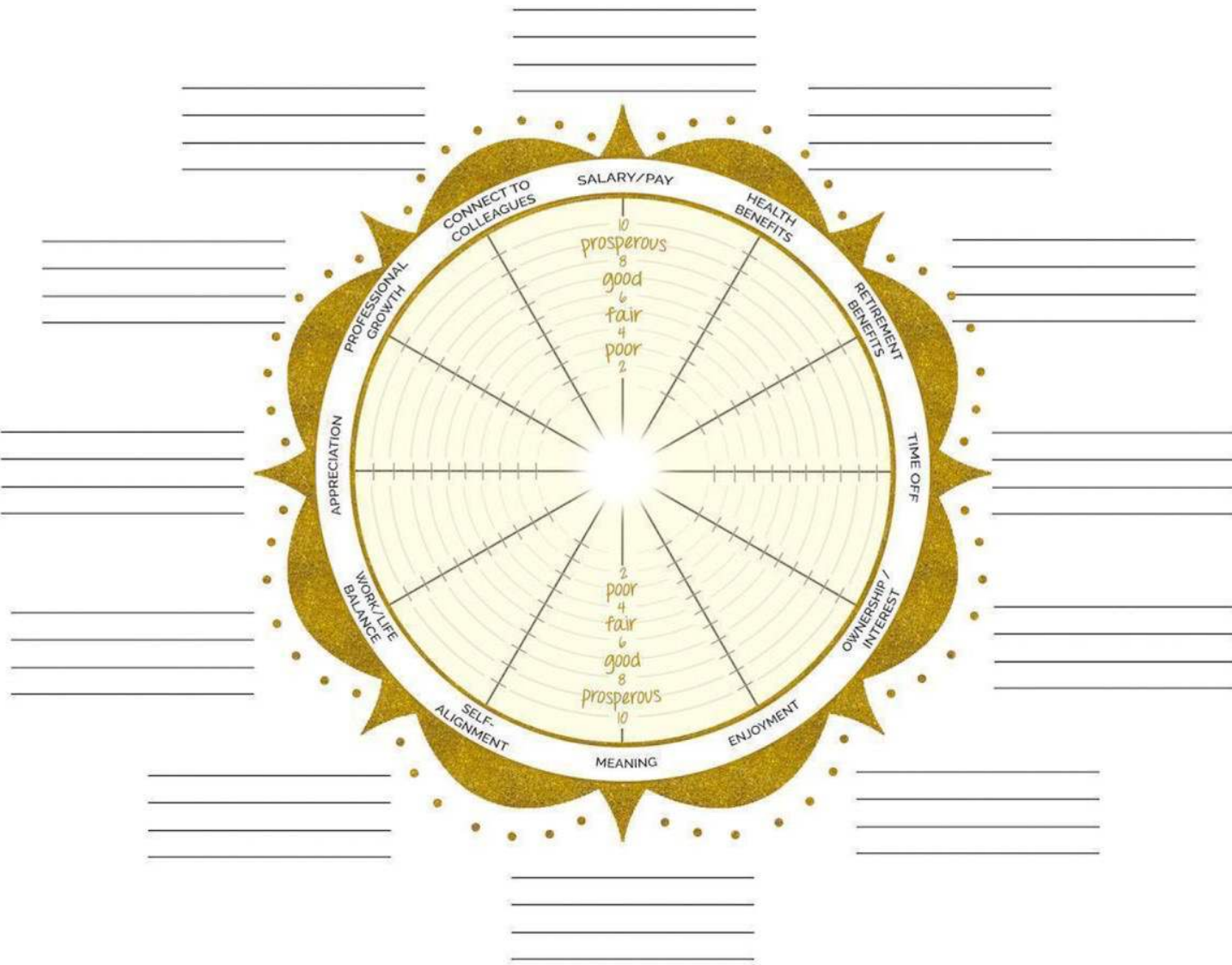


# Sample Completed Support Network Wheel



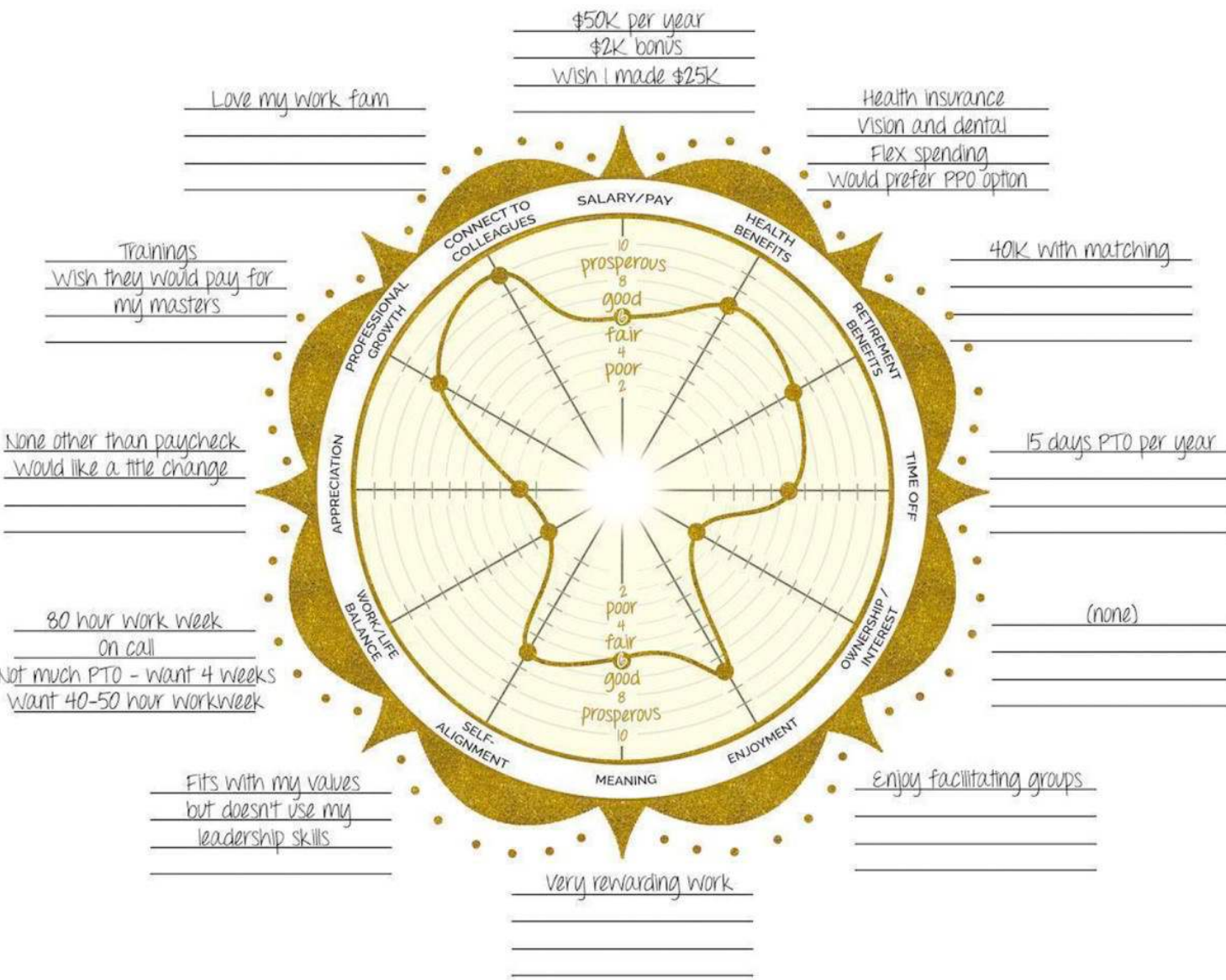
**Your professional success is a direct reflection of your ability to embrace your unique gifts and match them with a need in the world.**





# Work Satisfaction Wheel





# Sample Completed Work Satisfaction Wheel

# Use Assertive Communication

- Neither passive, aggressive, nor passive-aggressive
- “I” Statements
- Honest, direct, clear, and diplomatic
- Does not triangulate
- Face-to-face best, then voice to voice, etc.
- Avoid conflict over email or text
- Diplomacy & respect



# The Power of Negotiation

- Everything is negotiable:
  - Contracts with contractors and service providers
  - Leases
  - Purchases
- Ask for what you want, need & deserve
  - Pay increases
  - Benefits
  - Flexible schedule





# 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!**

<b>KEEP</b> <b>(doing)</b>	<b>START</b> <b>(doing)</b>	<b>STOP</b> <b>(doing)</b>





Joyce Marter

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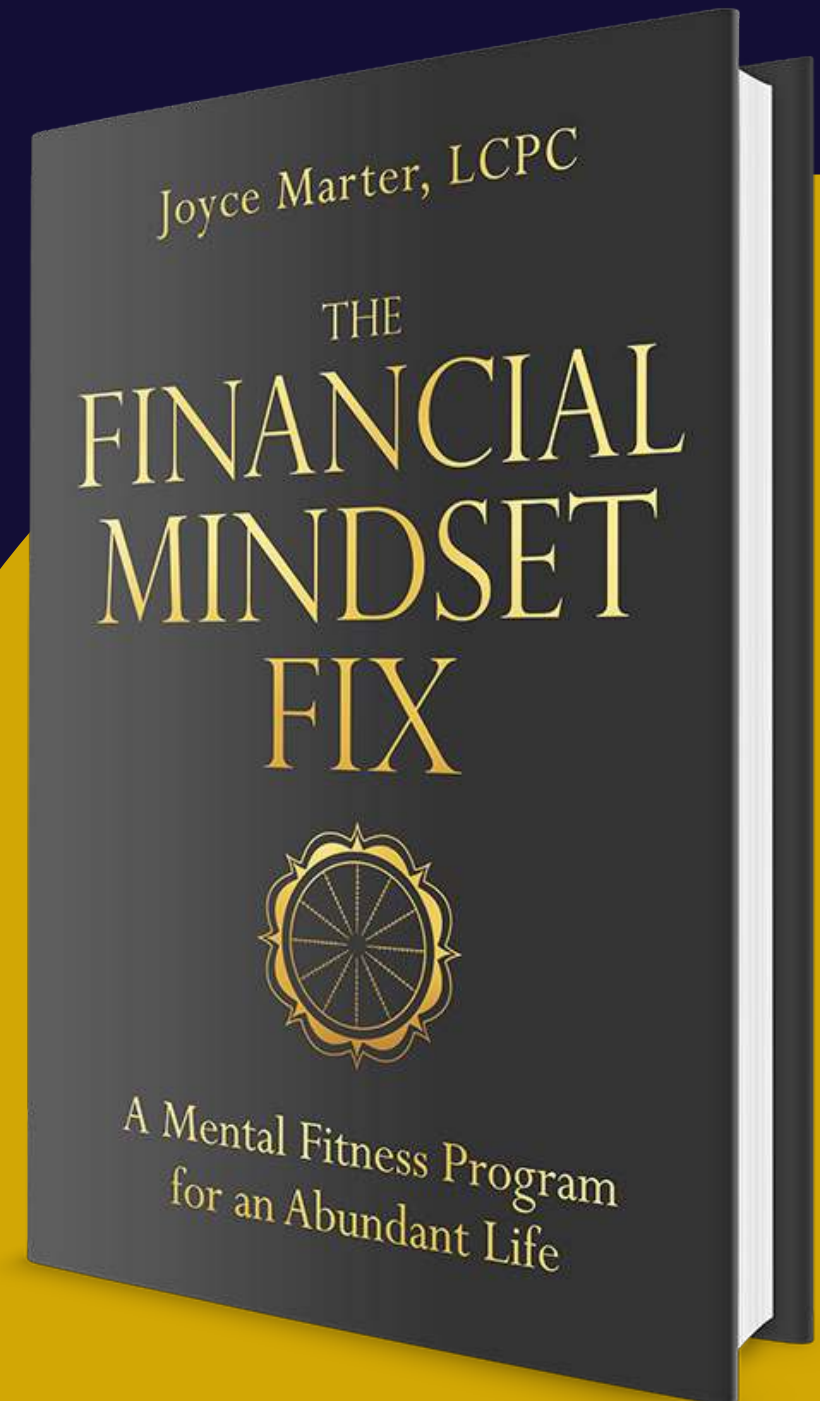
Resources



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# Thank You!

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