

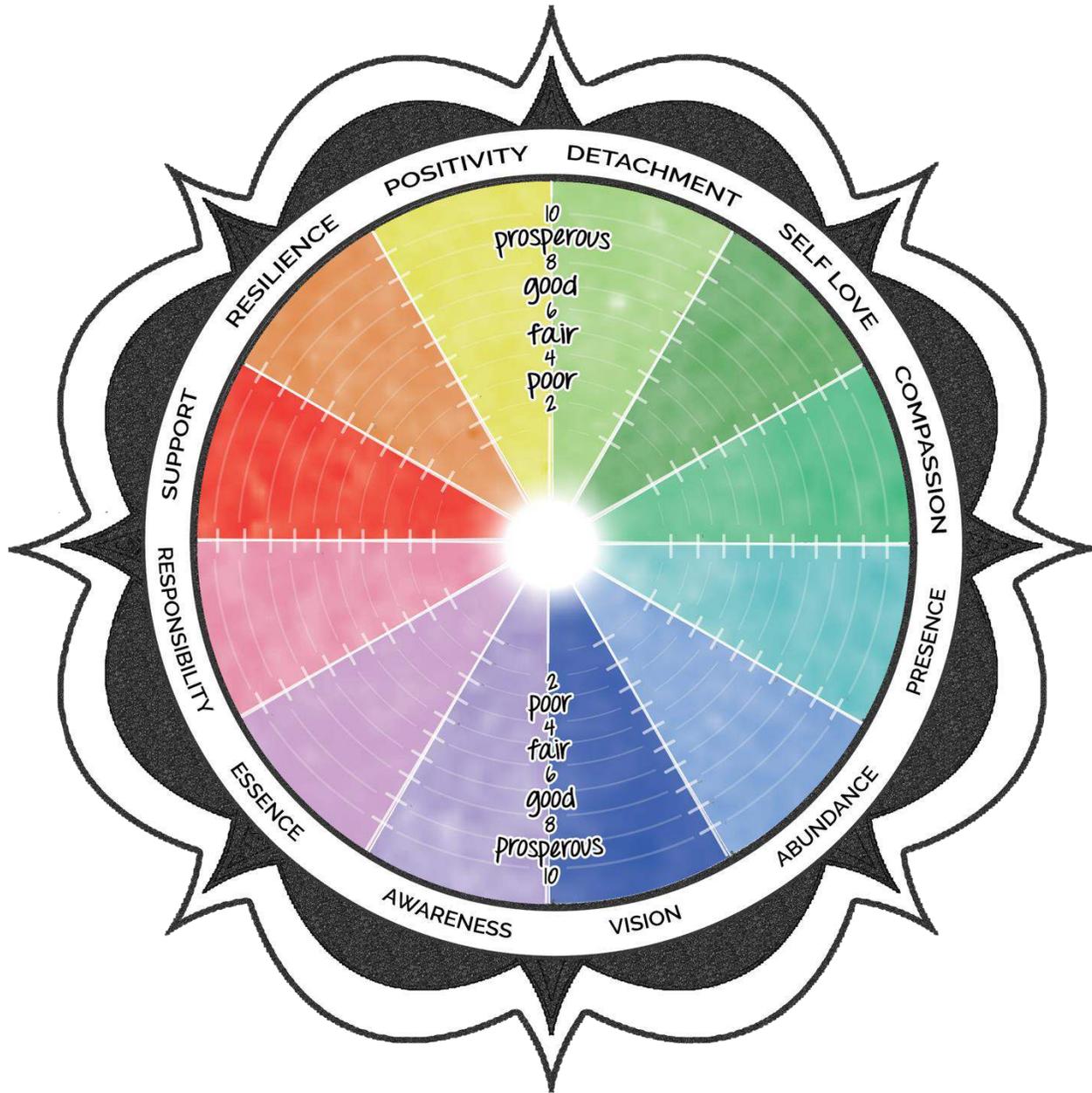


The Psychology of Success:

How to Cultivate Holistic Success & Balance as Executive Leaders

Guided Meditation





12 Keys to Success

#1 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



#2) Self-Awareness

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

- Lao Tzu



“

Acceptance
**If you don't like
something, change
it. If you can't
change it, change
your attitude.**

Maya Angelou

”



Control what you can, let go of the rest

What you can control:

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

What you can't control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcome
- Expectations

#3 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



Overview of Mindfulness

- Maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
- Noticing our thoughts and feelings without judging them
- Allows us to respond, rather than react



Benefits of Mindfulness

- Enhances relationships
- Improves job performance
- Reduces chronic pain
- Increases focus and attention, and improves decision-making skills
- Improves creativity, memory, and cognitive flexibility
- Improves mood, empathy, and overall quality of life
- Boosts immune system

Source: Glomb, T. M., Duffy, M. K., Bono, J. E., & Yang, T. (2012). Mindfulness at work. *Research in Personnel and Human Resource Management*, 30, 115-157.

Int J Yoga. 2015 Jul-Dec; 8(2): 128-133. Effectiveness of mindfulness meditation on pain and quality of life of patients with chronic low back pain

Benefits of Mindfulness, cont

- Decreases anxiety, stress, depression, tiredness, and irritability
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being

Source: Glomb, T. M., Duffy, M. K., Bono, J. E., & Yang, T. (2012). Mindfulness at work. Research in Personnel and Human Resource Management, 30, 115-157.

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Presence

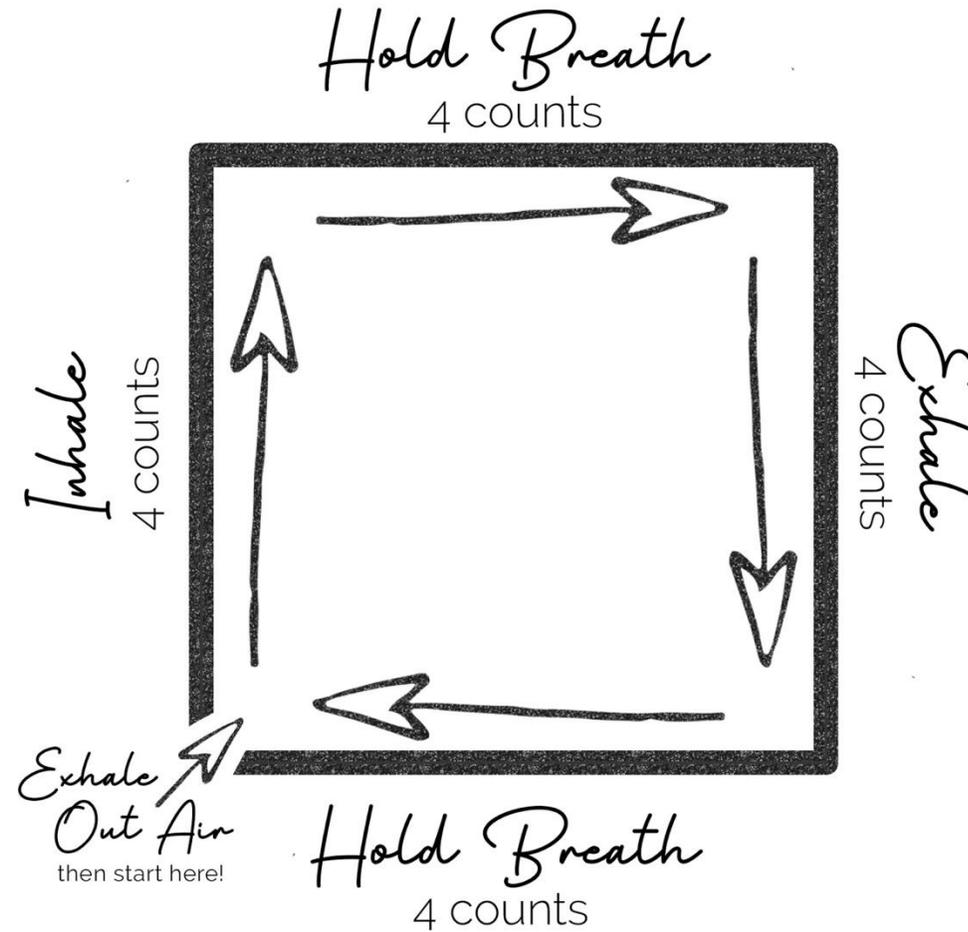
Be as least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.

ECKHART TOLLE

”



Square Breathing



Strategies to Increase Mindfulness

- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Yoga
- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation
- Morning routine



Mindful Workplace Exercises

- Start your day with a mindful moment and plan for mindful breaks
- Slow down to increase your productivity
- Switch off distractions
- Be a single-tasker
- Pay attention to your coworkers

Source: <https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day> <http://www.mindful.org/10-ways-mindful-work/>



#4 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



#5 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.”

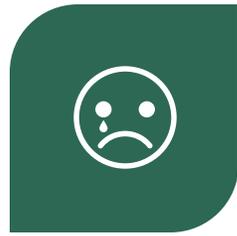
- - Maya Angelou



Mindfulness & Emotional Intelligence



KNOW YOUR EMOTIONS



MANAGE YOUR EMOTIONS



MOTIVATE YOURSELF



RECOGNIZE &
UNDERSTAND THE
OTHER PEOPLE'S
EMOTIONS



MANAGE
RELATIONSHIPS
(MANAGE THE
EMOTIONS OF OTHERS)

High EQ

Low
insecurity

High
openness

Assertive

Self-aware

Inclusive

Respectful

Takes
responsibility
for actions

#6 Self-Love

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

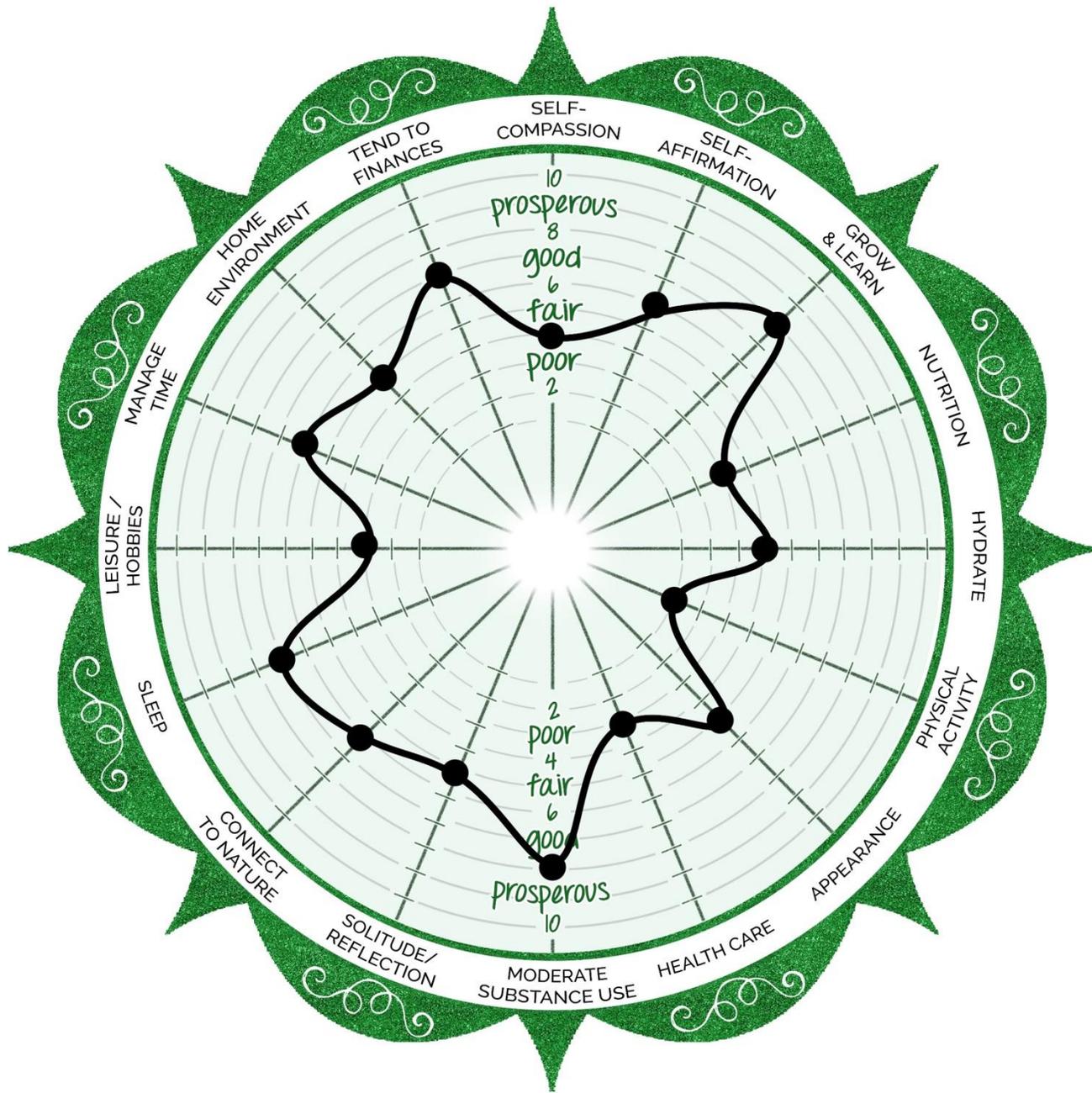
~ Buddha





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





Self-Love Wheel

Mental Wellbeing Tips

- Choose a growth mindset
- Accept what you can't change
- Connect with the breath, the senses and the body
- Start & end your day with self-reflection
- Commit to practice like meditation or yoga



Physical Wellbeing Tips

- Develop a nutrition plan, regimen and routine
- Schedule your workouts
- Promote sleep
- Create systems of accountability



#7 Support

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



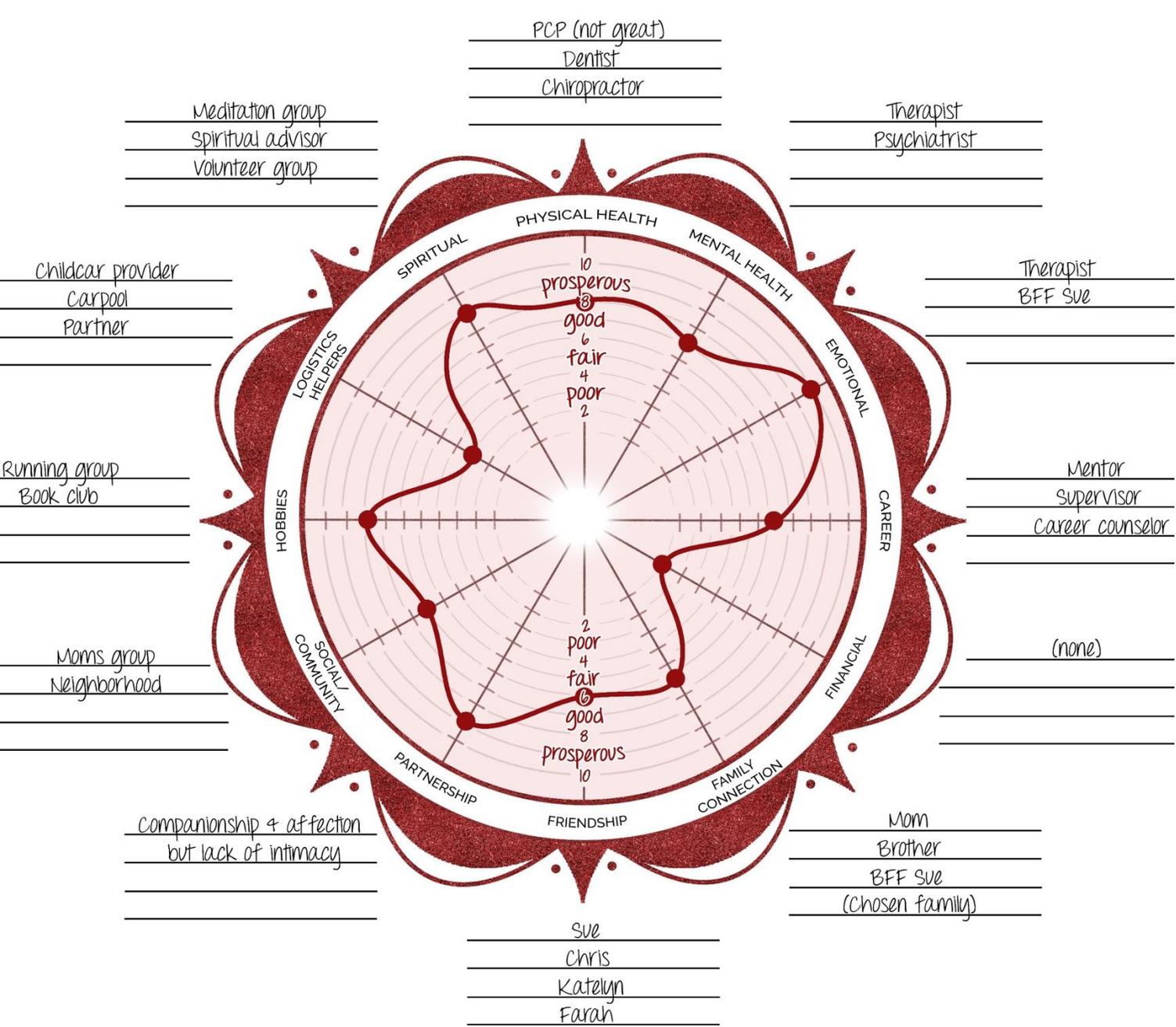
Barriers to Accessing Support

- 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



Joyce Marter

joyce-marter.com



Support Wheel

#8 Essence

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

-Eckhart Tolle



**Healthy self-esteem is
midway between
DIVA and DOORMAT.**



#9 Detachment

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

- Arlene Englander



Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)



Detachment Strategies

Visualization of protective barrier



Unhook from conflict



The Container Exercise



Zoom out for greater perspective



Lifeguard analogy



#10 Positivity

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

- Mohandas Gandhi



WTF

Keep Your Thinking Positive

- Turn down volume of your inner critic
- Detach from fear
- Avoid catastrophic thinking
- Practice the power of affirmations and mantra
- Practice gratitude



#11 Vision

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

- Epictetus



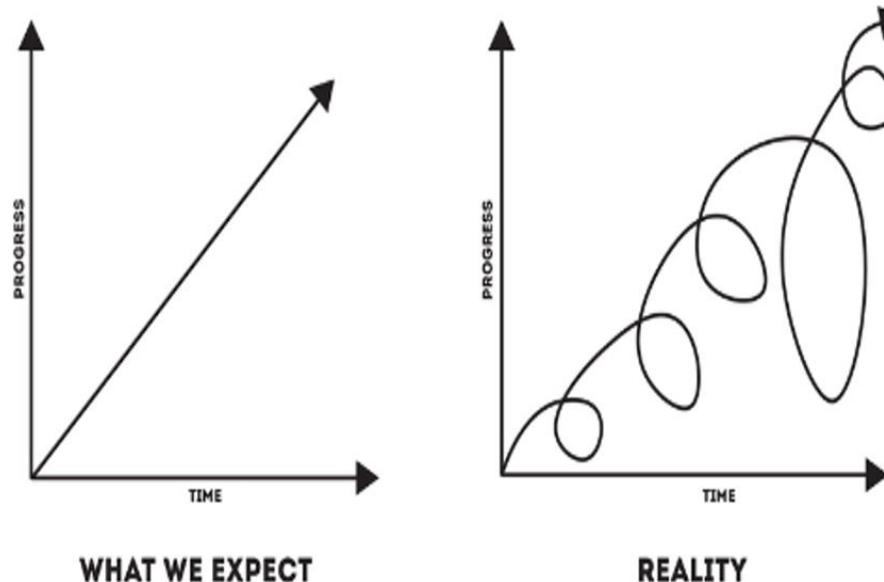
**When you refuse to
believe something
is impossible, it
becomes
POSSIBLE.**



#12 Resilience

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

- *Eckhart Tolle*









“GRAND PRIZE WINNER”
2023 Next Generation Indie Book Awards

“BEST IN SELF-HELP”
2023 Next Generation Indie Book Awards

“GOLD MEDAL WINNER”
Readers' Favorite Book Reviews and Awards
Independent Publisher Book Awards
Global Book Awards

“DYSINGER AWARD FOR OUTSTANDING PUBLICATION IN COUNSELING”
Illinois Counseling Association

“CATEGORY FINALIST”
The Eric Hoffer Book Awards!

“RUNNER-UP IN NON-FICTION”
San Francisco Book Festival

“HONORABLE MENTION - GENERAL NONFICTION”
Southern California Book Festival
Hollywood Book Festival
New York Book Festival
London Book Awards
Los Angeles Book Festival
Paris Book Awards



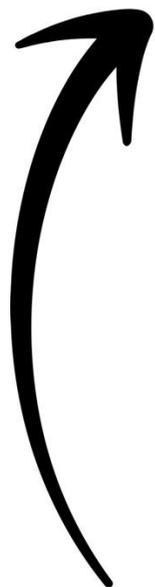
SUCCESS is to live openly, authentically, & lovingly in alignment with the highest good of self & others – to the greatest extent possible.”

Joyce Marter

joyce-marter.com

How to Practice Better Self-Care & Access More Support for Holistic Success





SCAN ME



<https://qrco.de/bdPb5B>

Current Stressors

- Concerns for health & safety
- Adjustments to working differently
- Less social support and community
- Dependent care—work-life balance
- Financial fears & stress
- Racial injustice issues coming to the forefront
- Political divide and unrest, global conflicts
- Challenges managing uncertainty and change



Mental Health Implications

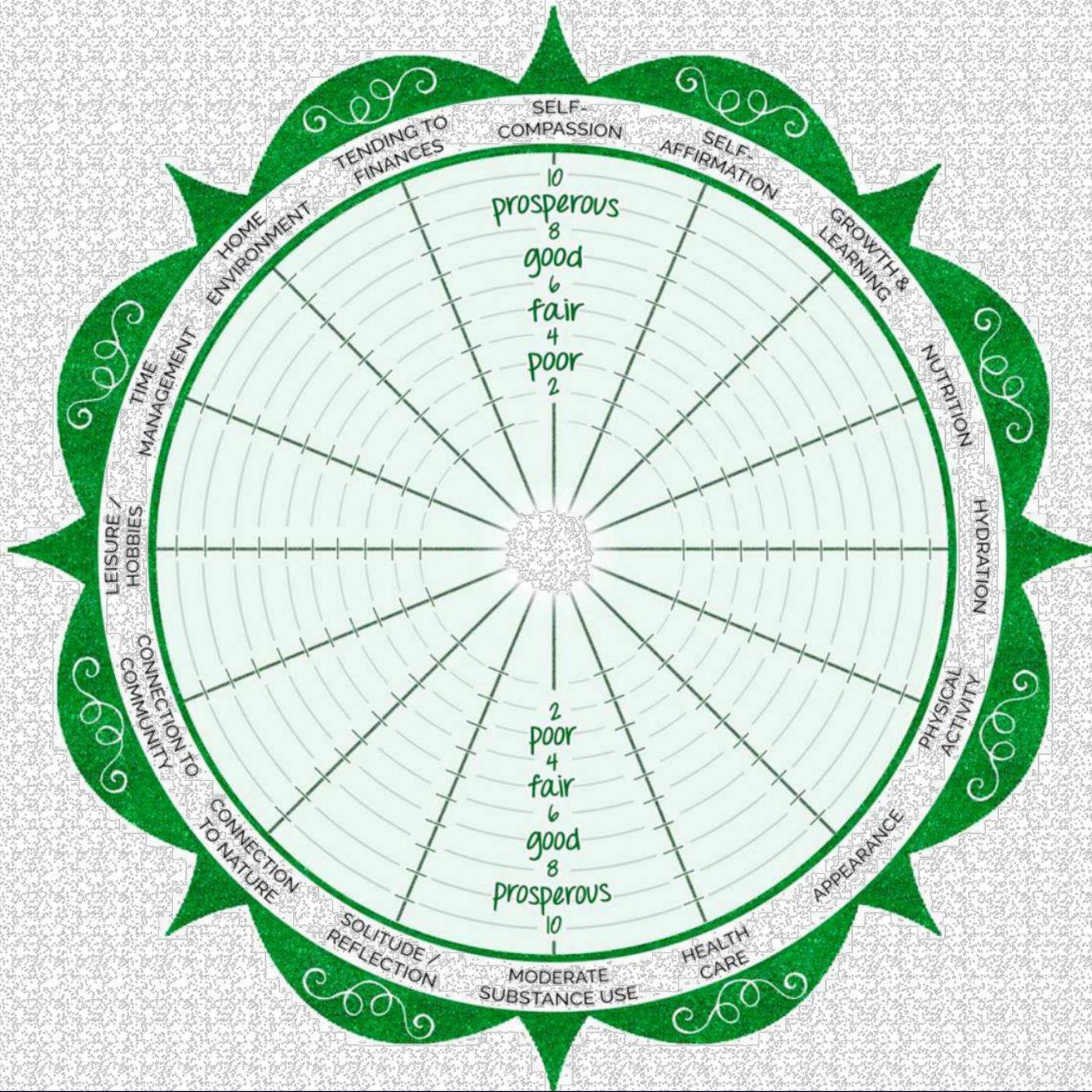
- Feelings of grief and loss
- Increase in stress, anxiety and depression
- Increase in substance abuse
- Relationship conflict, abuse, violence
- Money anxiety
- PTSD/Trauma
- Increase in suicide



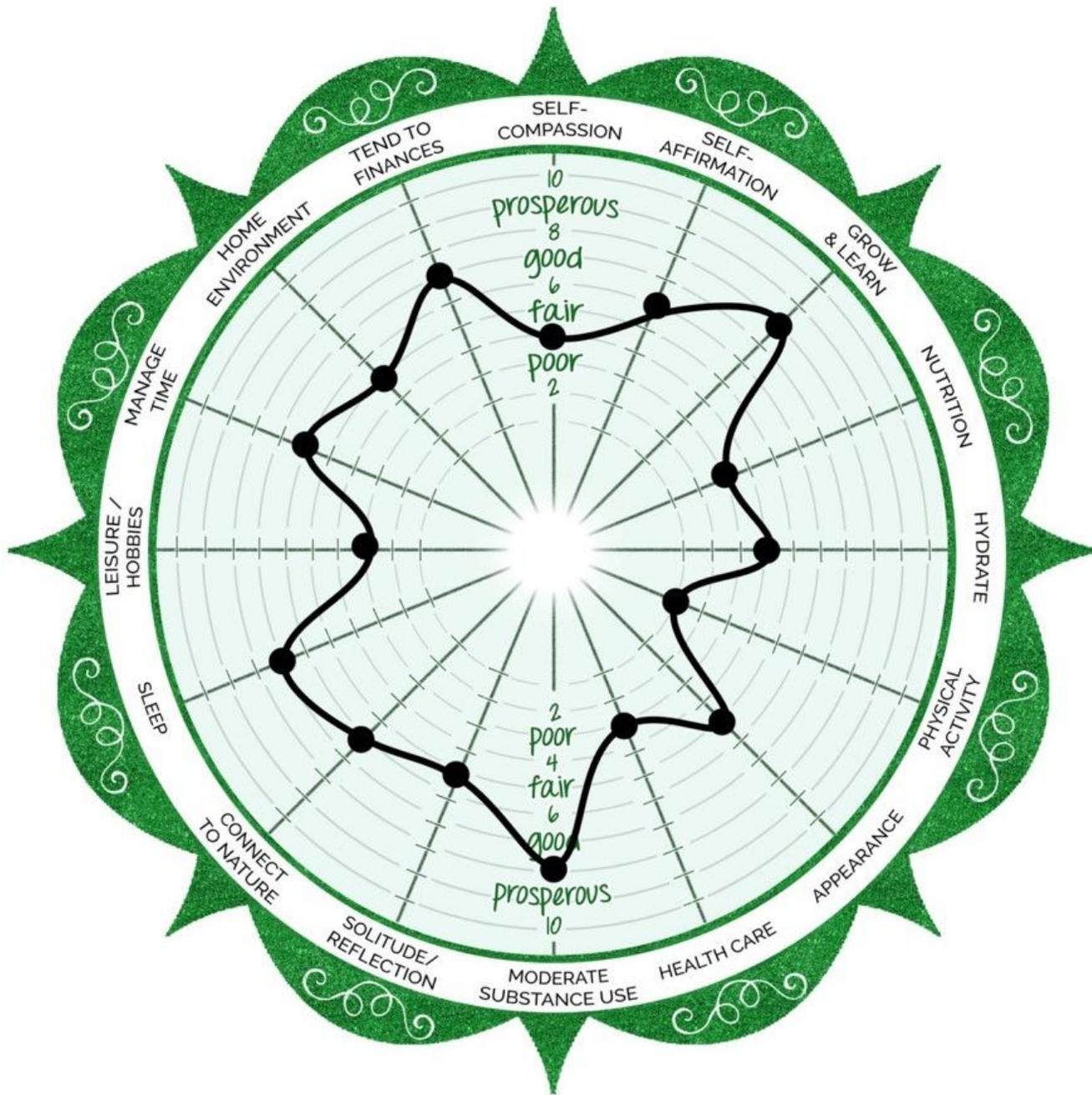
**You must care
enough about
yourself to
welcome the life
that you deserve.**







Self-Care Wheel



Sample Completed Self-Care Wheel

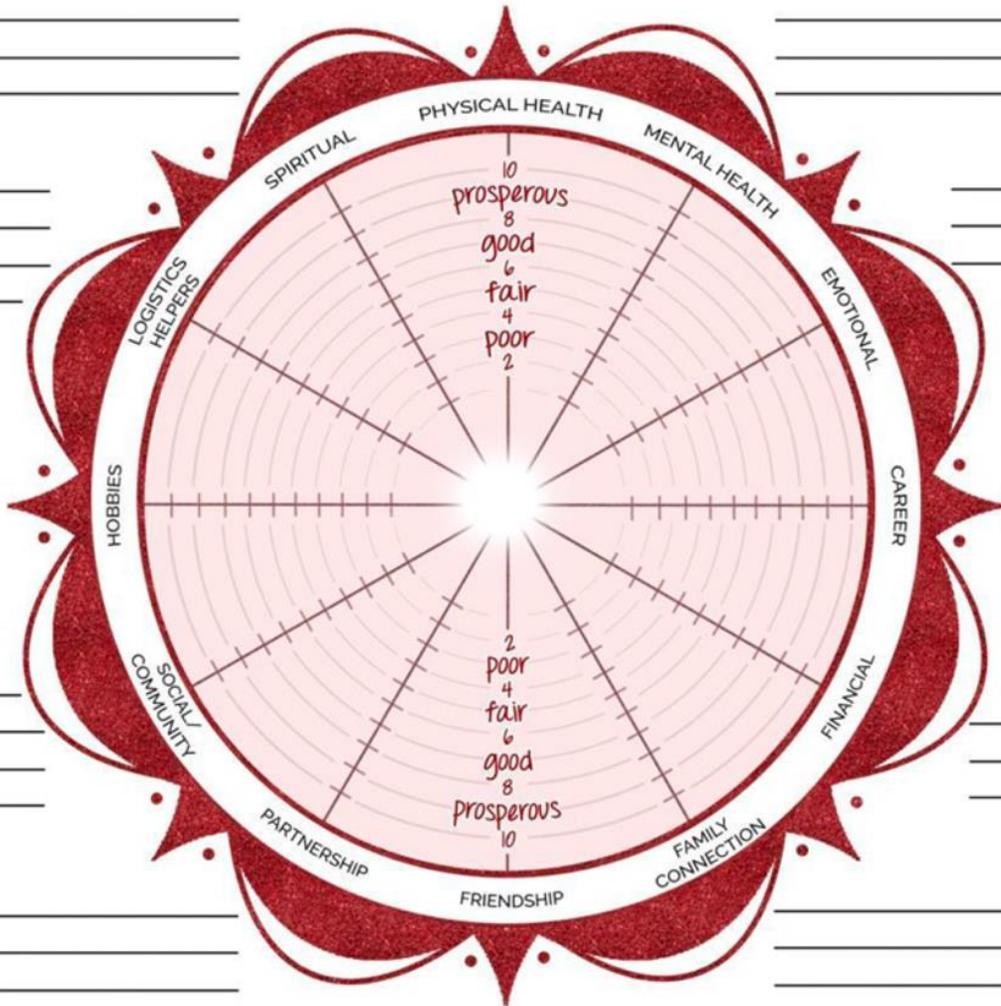
Loving ourselves is perhaps life's most important lesson and is the prerequisite to receiving powerful love and prosperity in our lives.



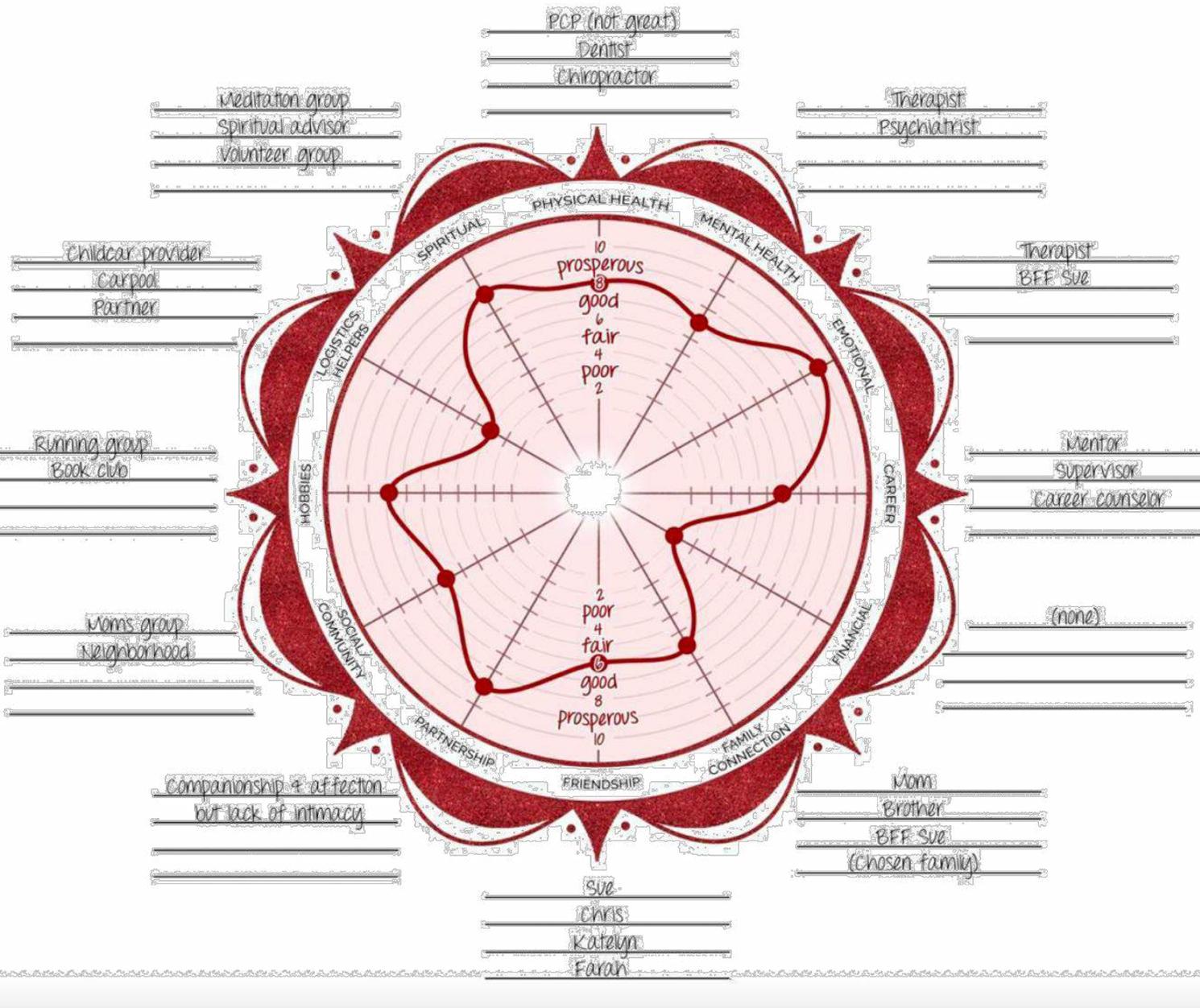


“I choose relationships that lift me up and support me.”





Support Network Wheel



Sample Completed Support Network Wheel

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
- Prioritize yourself

Access Support

- Avoid isolating with your feelings
- Connect with loved ones
- Ask for what you need from those who are capable of providing it
- Access community
- Consider counseling or coaching



Utilize Your Benefits

- PTO
- Sick benefits & FMLA for time as needed
- Insurance Benefits (Mental Health Parity Law)
- Flex Spending/Health Savings Accounts
- Employee Assistance Program (EAP)



Who is Headspace

Think of Headspace as your lifelong guide to **better mental health**. We're here for you whenever you need us, wherever you are, helping you get through tough times and find joy in **every day**.



Headspace Offers:

- Meditation tools
- Mental health coaching
- Therapy
- Podcasts
- Sleep Guides
- Motivation Support
- Exercise Support

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

**What are
you going
to do now?**



Thank You!

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Joyce Marter



Joyce.Marter



Joyce Marter



JoyceMarterLCPC



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Scan me!

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