# Cultivating Self-Care, Support, & Work Satisfaction



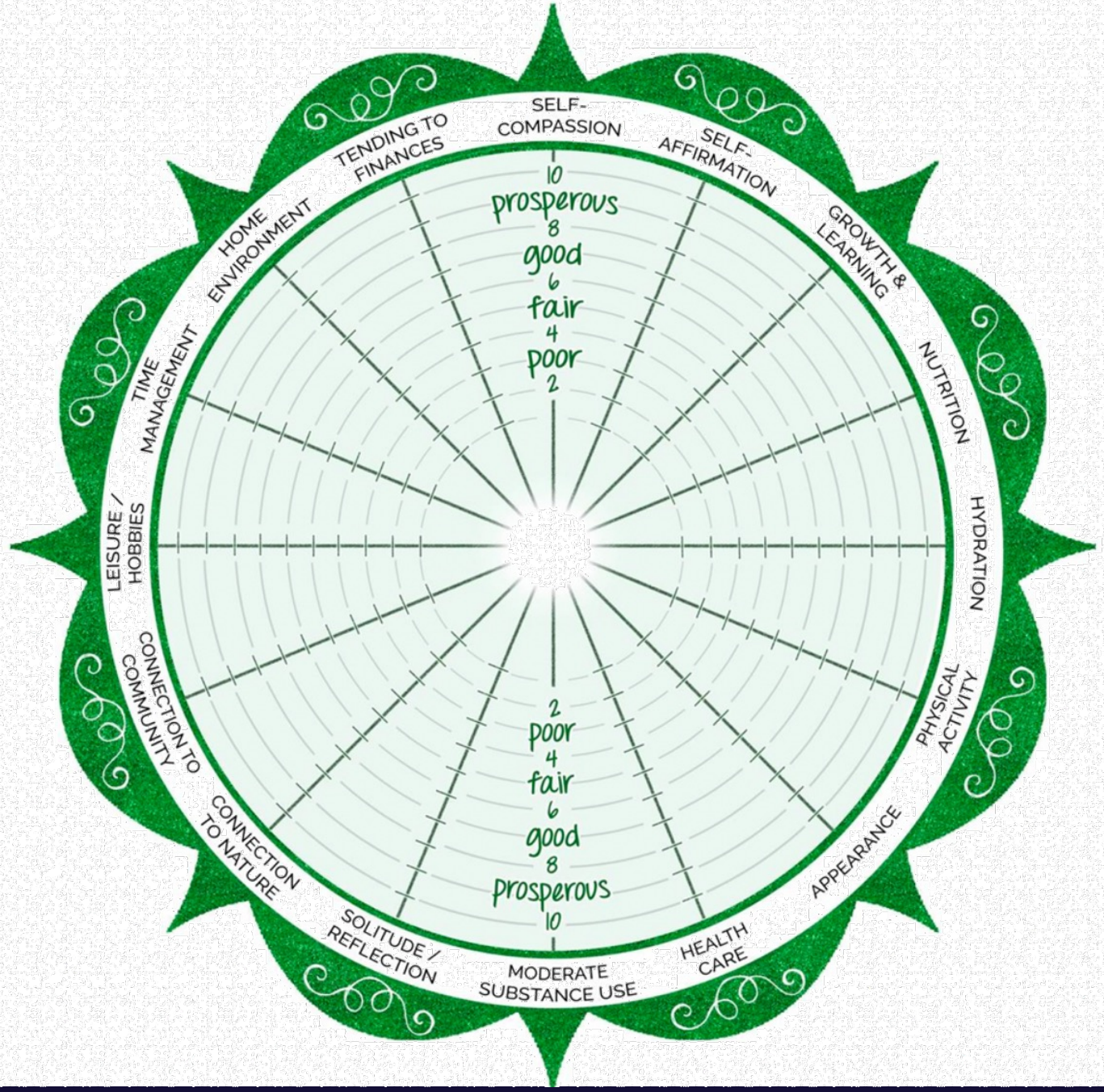



# Resources

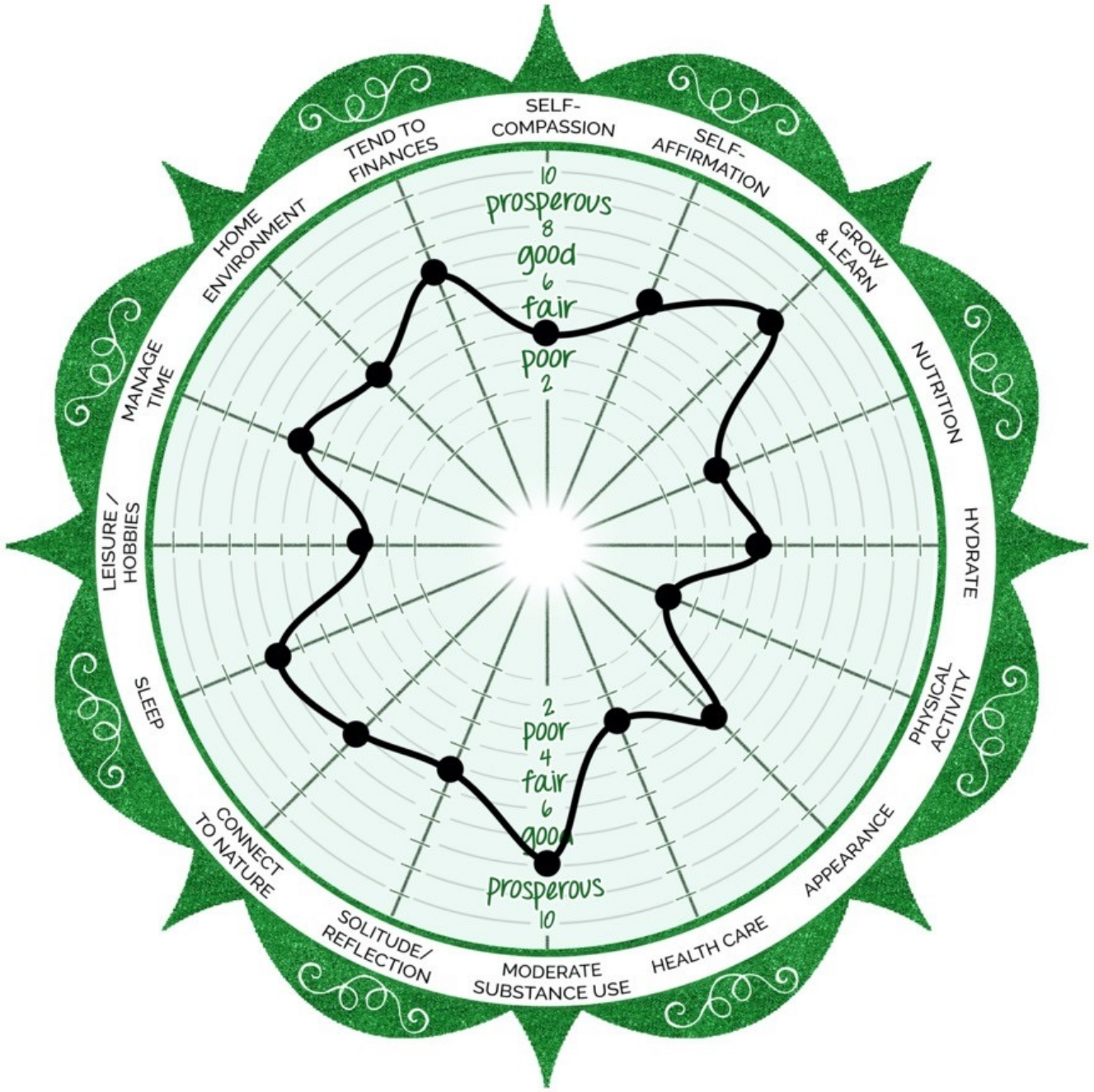
https://qrco.de/bdPb5B

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






# Self-Care Wheel

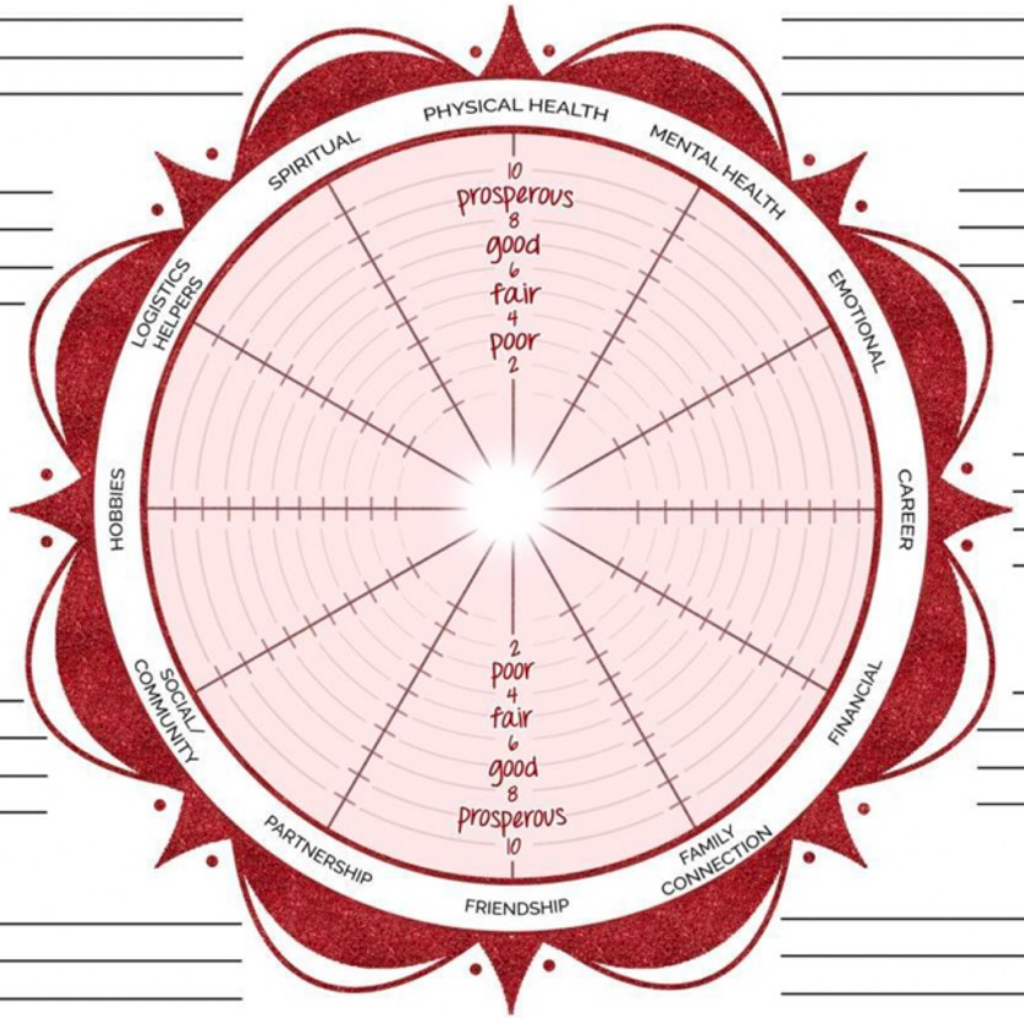



# Sample Completed Self-Care Wheel

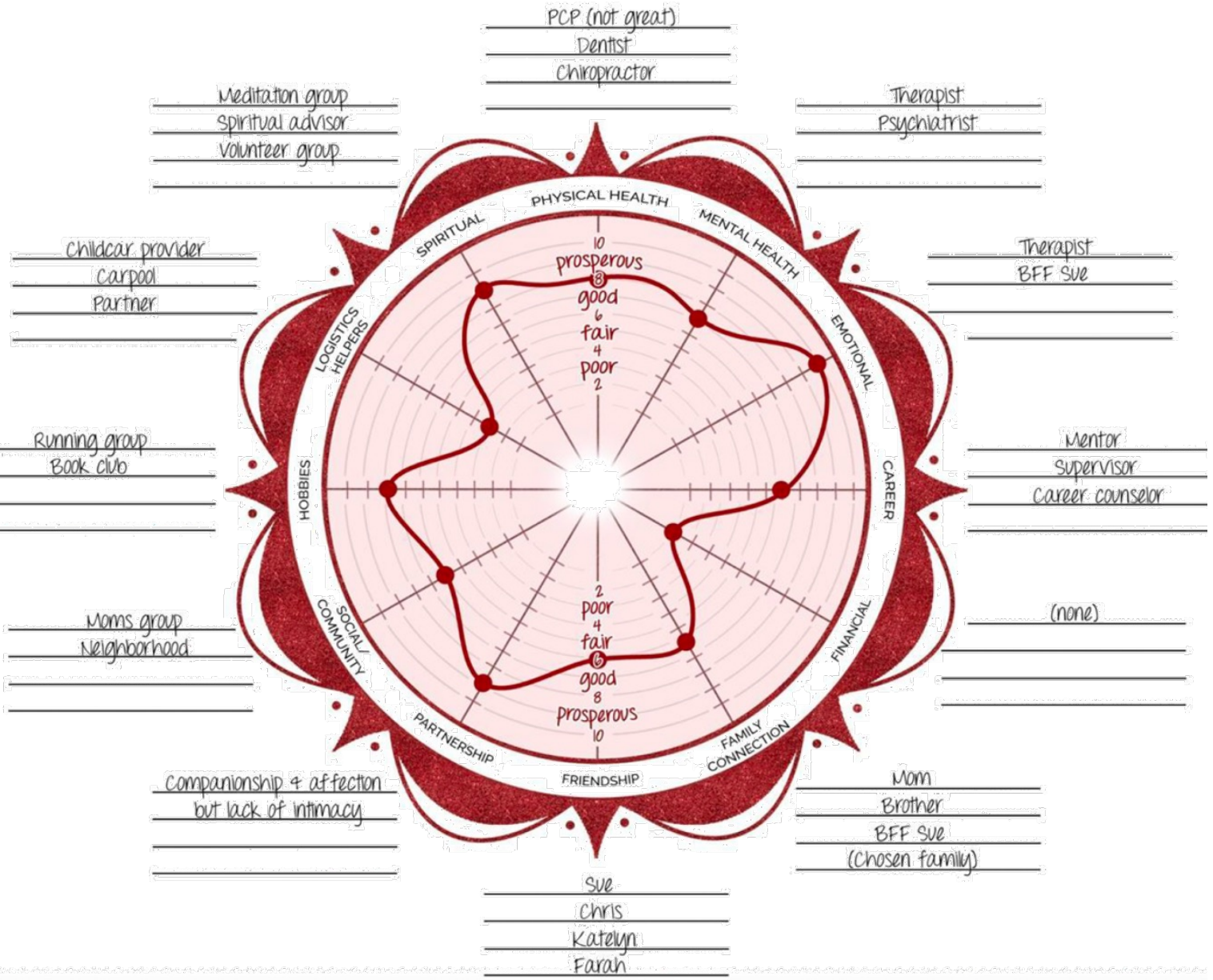
“Loving ourselves is perhaps life’s most important lesson and is the prerequisite to receiving powerful love and prosperity in our lives.”




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



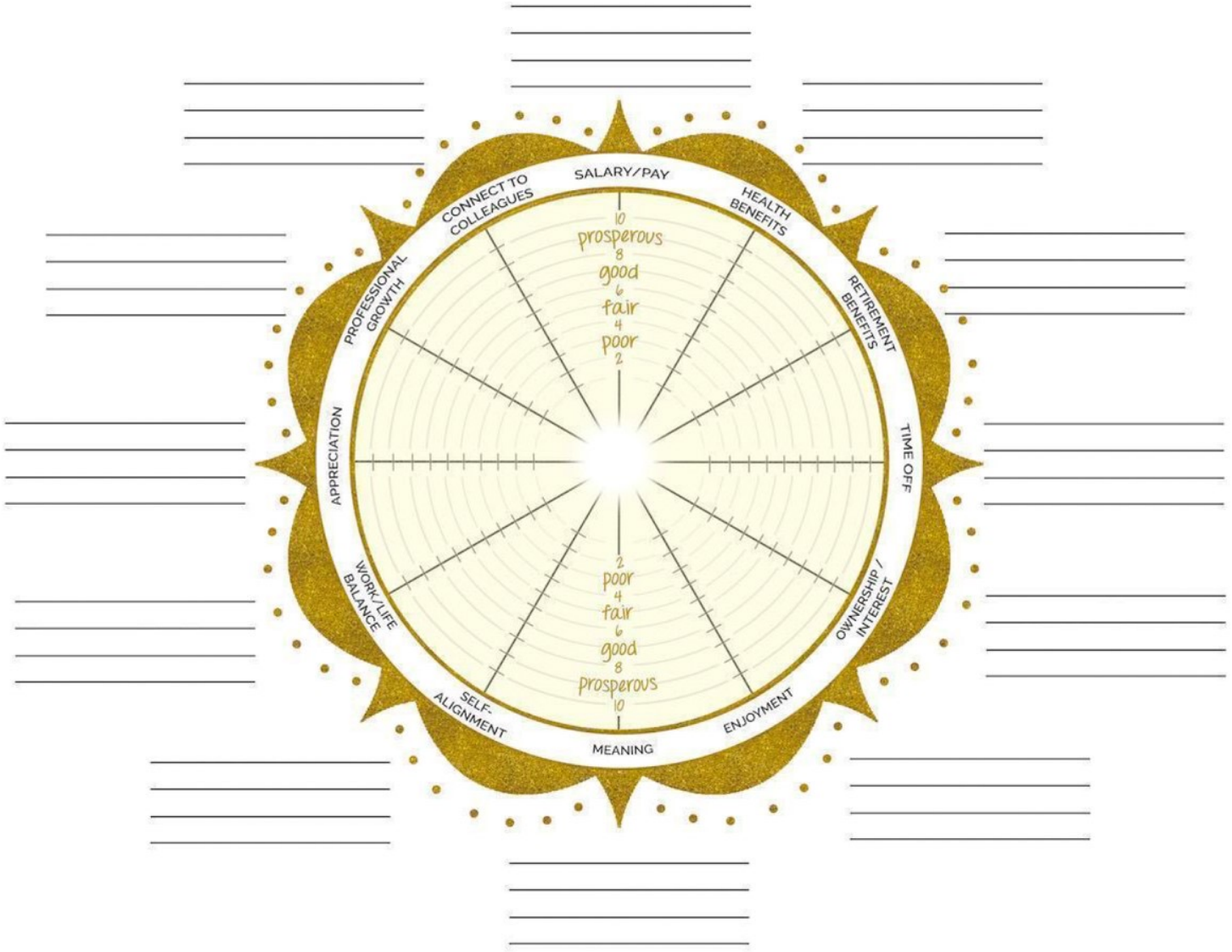

# Support Network Wheel



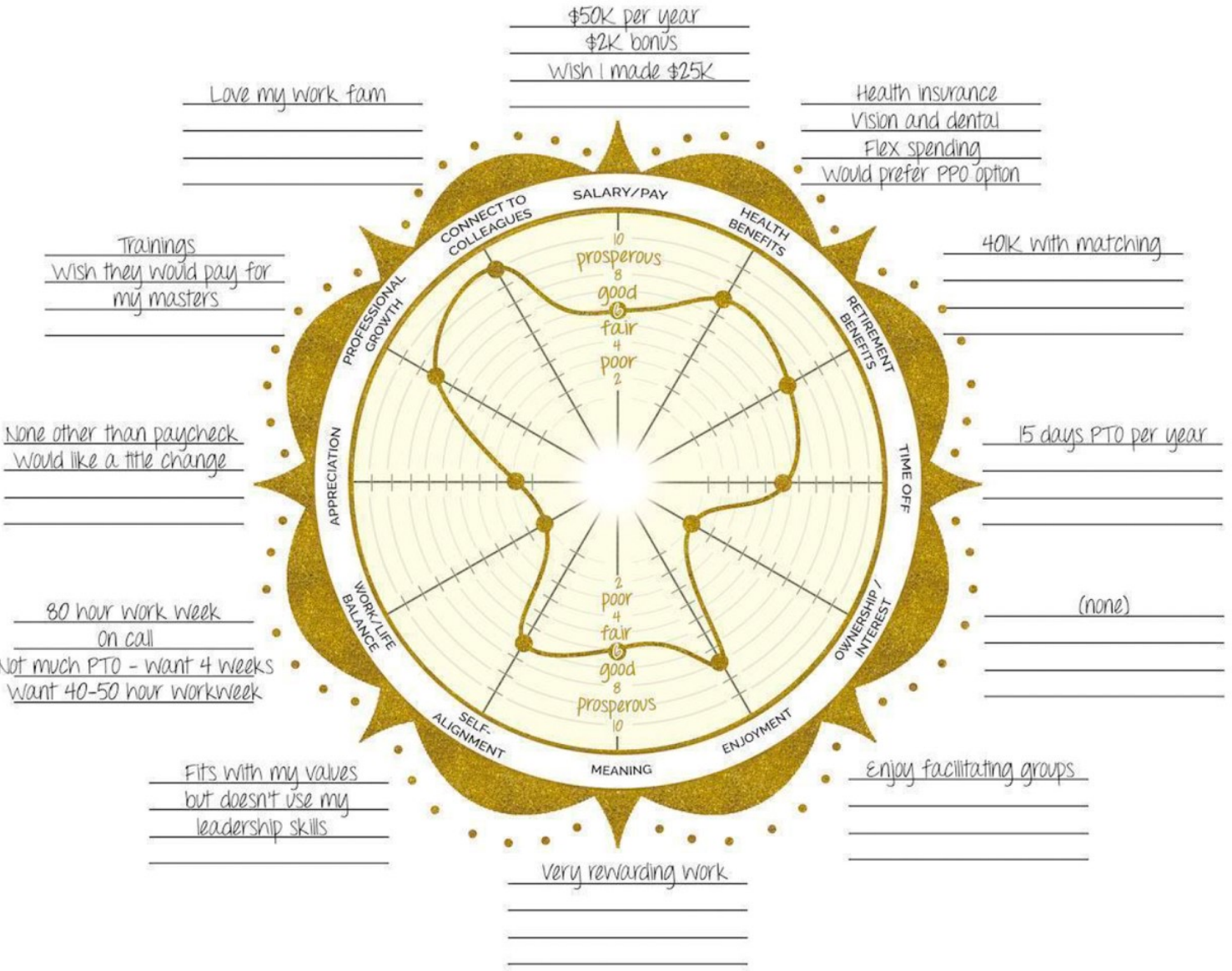

# Sample Completed Support Network Wheel

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!**

| KEEP (doing) | START (doing) | STOP (doing) |
| --- | --- | --- |
| | | |

What are you going to do now?

Joyce Marter

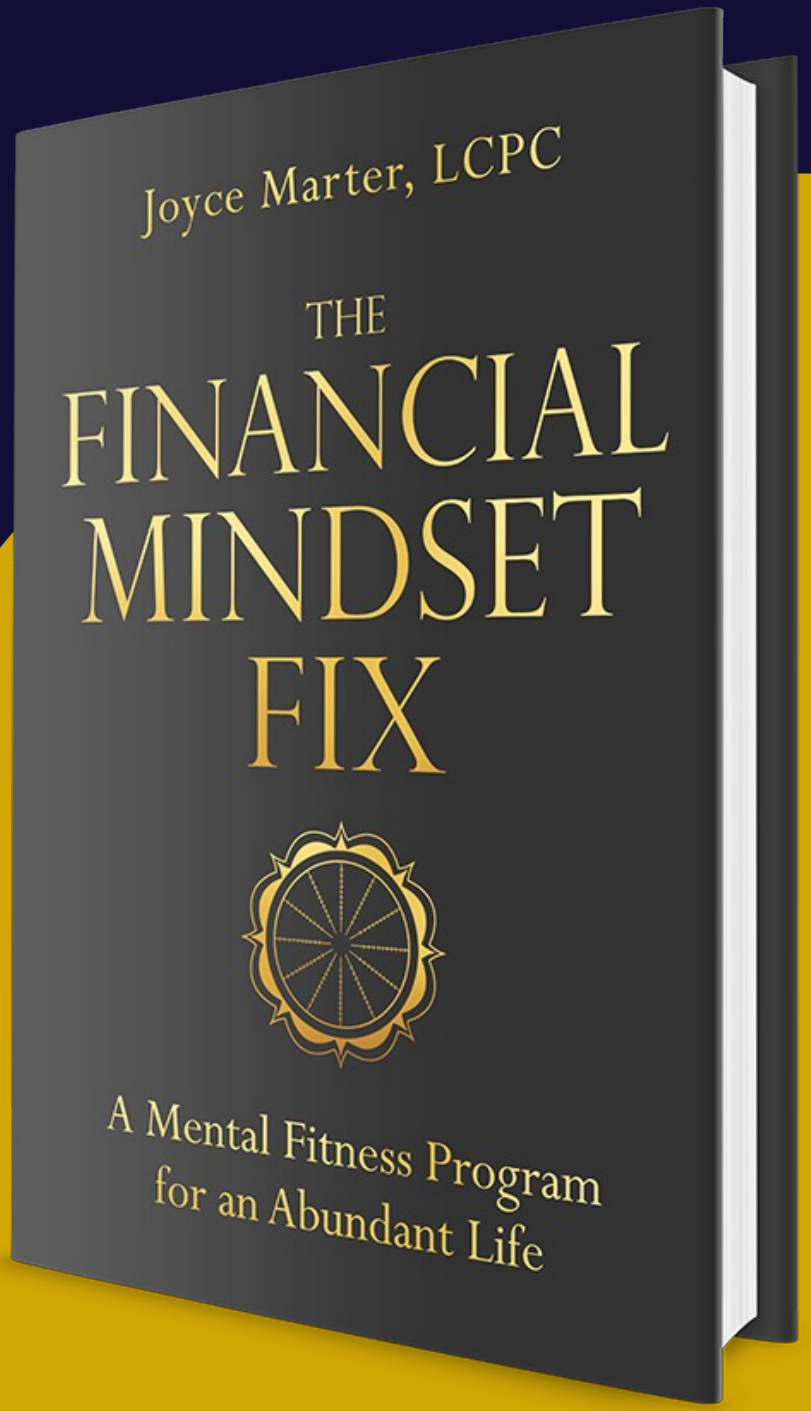
SCAN ME

# Resources

# Transform Your Relationship with Yourself to Welcome a Life of Wealth

ORDER YOUR COPY OF THE FINANCIAL MINDSET FIX TODAY!

**Joyce Marter**








# Thank You!

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