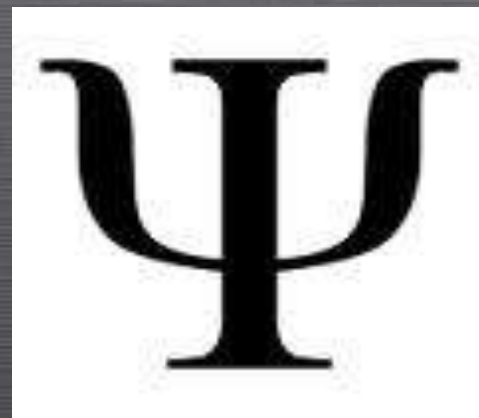


# The Psychology of Success



By Joyce Marter, LCPC  
CEO of Urban Balance

# Identify Themes & Patterns



We all unconsciously recreate what is familiar until we become aware & choose something better.



# Bring Your Attention to the Present

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“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*

# Detach From Ego & Connect With Essence

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You are not your problems.  
You are the whole, perfect, unique spirit of light  
and love that shines from deep within.  
Our issues are HOW we are, not WHO we are.

# Drop the Defensiveness

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“Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond  
measure. It is our Light, not our Darkness,  
that most frightens us.”

~Marianne Williamson




# Surf the Waves of Emotion



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

~Arlene Englander, *The In-Sourcing Handbook*

# Practice Acceptance

A person is shown from the waist down, sitting in a meditative pose (lotus or similar) on a wooden deck. They are wearing a light blue long-sleeved shirt and dark pants. Their hands are in a mudra (gesture) with fingers interlaced. The background is a bright, hazy sunset or sunrise over a body of water, with the sun low on the horizon.

“If you don’t like something, change it.  
If you can’t change it, change your attitude.”

~Maya Angelou

# Forgive Yourself & Others

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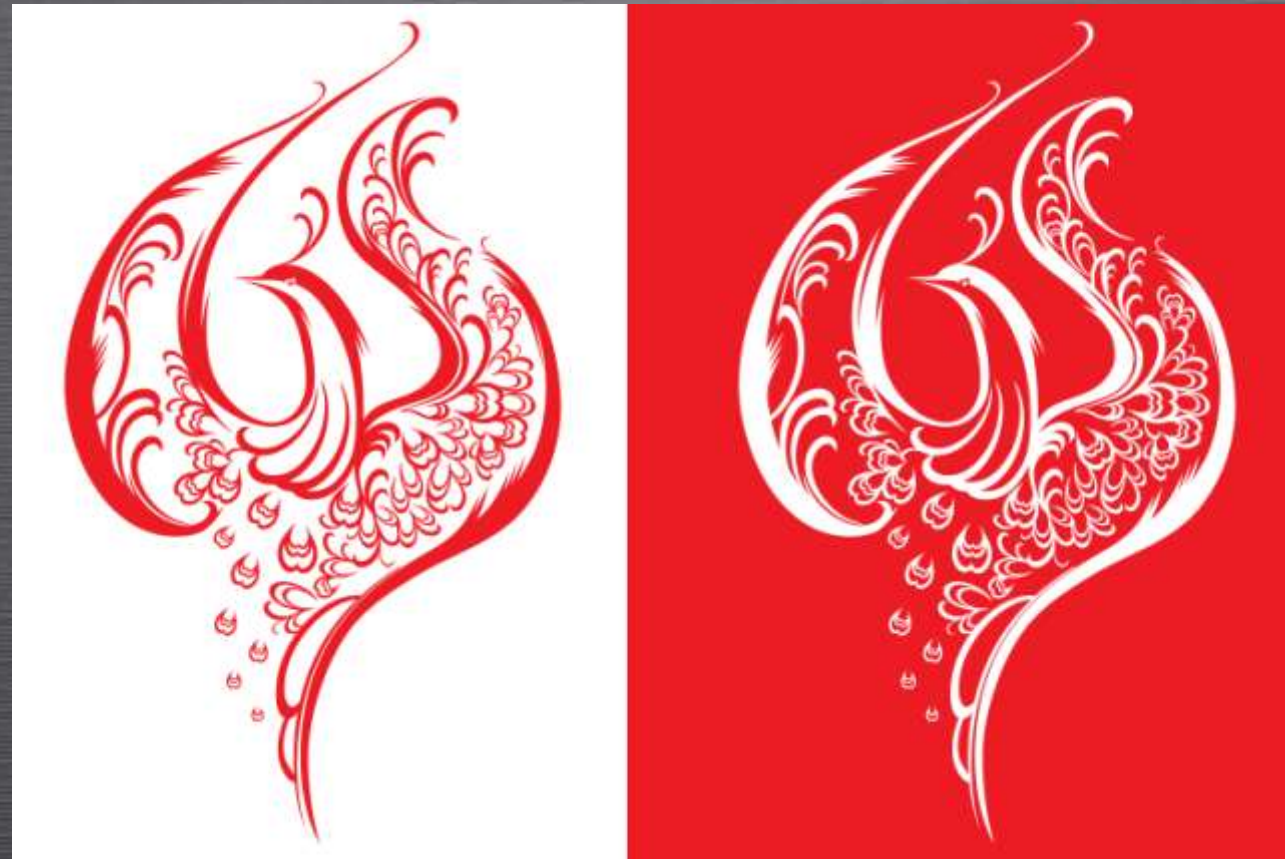


“Resentment is like drinking poison and then hoping it will kill your enemies.”

~Nelson Mandela



# Let Go & Be Free



“In the process of letting go you will lose many things from the past, but you will find yourself.”

~Deepak Chopra

# Take 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



# Think Positively



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

~Mohandas Gandhi



# Practice Self-Care

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“Health is certainly more valuable than money, because it is by health that money is procured.”

~Samuel Johnson

# Set Healthy Boundaries

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Healthy self-esteem is  
midway between DIVA  
& DOORMAT.

Healthy boundaries  
demonstrate respect  
for self & others.



# Appreciate the Power of Empathy



“Could a greater miracle  
take place than for us to  
look through each other’s  
eyes for an instant?”

~Henry David Thoreau



# Embody Your Core Values

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“How people treat you is their karma;  
how you react is yours.”  
~Wayne Dyer

# Access Support

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“Friends are like elevator buttons, they either take you up or they take you down.”

~Tom Osbourne

# Give & Share Whenever Possible

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“Thousands of candles can be lit from a single candle,  
and the life of the candle will not be shortened.  
Happiness never decreases by being shared.”

~Buddha



# Identify Your Gifts

“To realize one's destiny is a person's only obligation.”

~Paulo Coelho,  
*The Alchemist*



# Open Yourself Up to Prosperity

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“Your prosperity consciousness is not dependent on money; your flow of money is dependent on your prosperity of consciousness.”

~Louise Hay

# Develop Your Vision

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

~Epictetus



# Create Your Ideal Work/Life Balance

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“No one on their deathbed ever said,  
‘I wish I spent more time at work.’”

~Unknown

# Discover the Power of Intention



“Our intention creates our reality.”  
~Wayne Dyer, *The Power of Intention*



# Appreciate Synchronicity

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“We do not create our destiny; we participate in its unfolding. Synchronicity works as a catalyst toward the working out of that destiny.”

~David Richo

# Radiate Warmth & Light

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“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



# View Setbacks As Opportunities For Growth

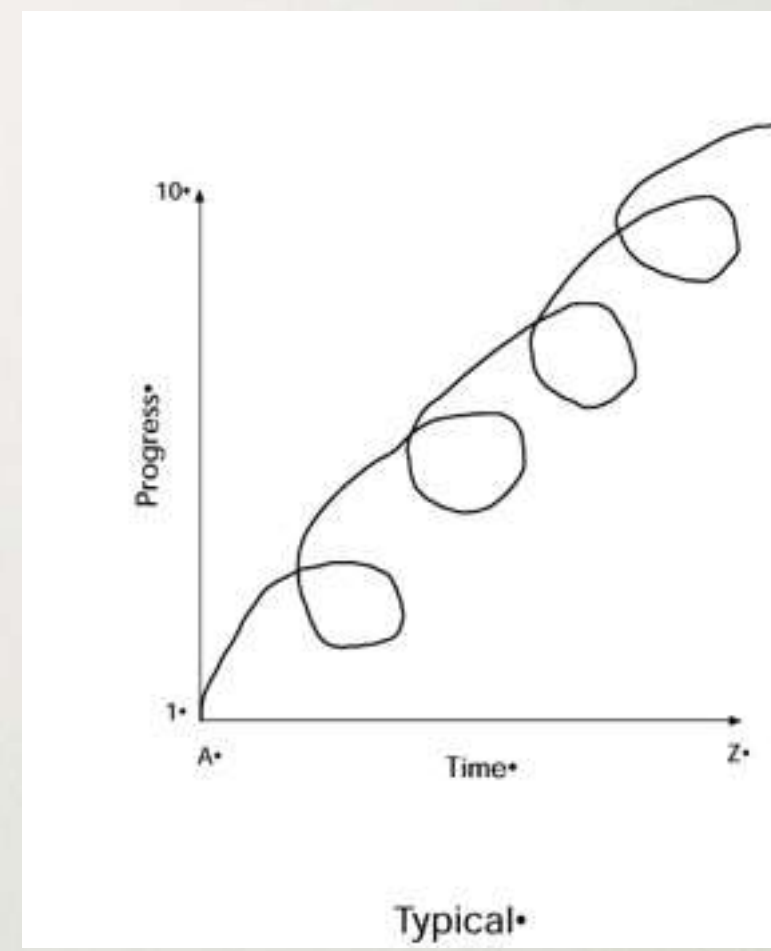
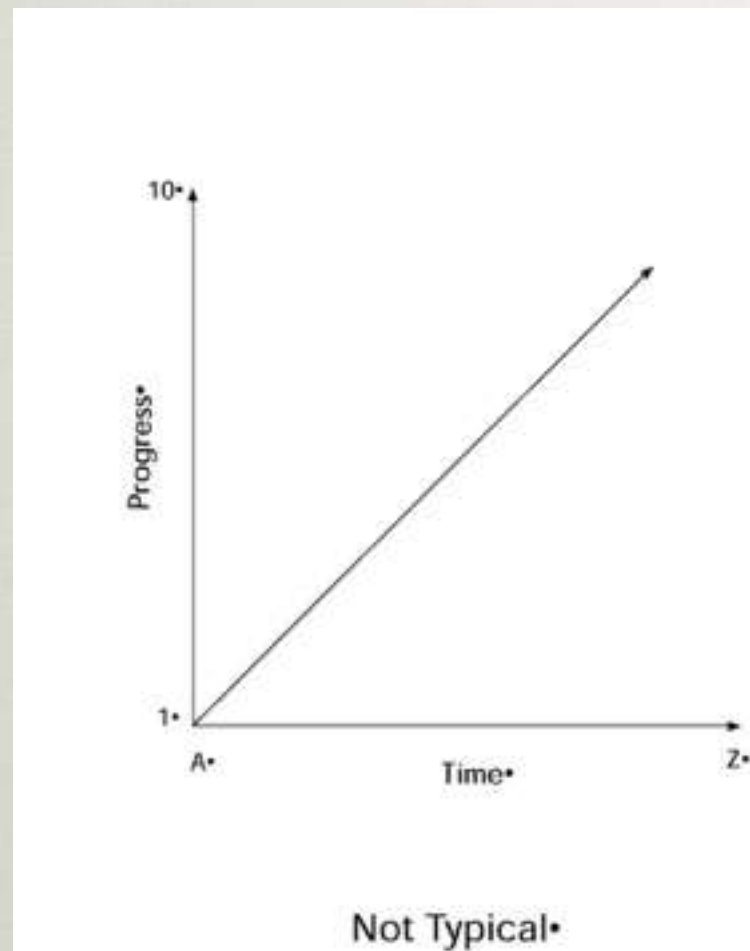


“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

~Helen Keller



# Appreciate That Progress is Not Linear



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

~Eckhart Tolle, A New Earth

# Be Resilient

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“Being defeated is often a temporary condition. Giving up is what makes it permanent.”

~Marilyn Vos Savant

# Know True Love

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“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



# Persevere

“Our greatest glory is not in never failing, but in rising up every time we fail.”

~Ralph Waldo Emerson



# Achieve Success

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

# Practice Gratitude

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“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

~Epictetus



# Joyce Marter, LCPC



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