3 SECRETS TO LIVING YOUR BEST LIFE AS A MENTAL HEALTH PROFESSIONAL!

With, Dr. Tai

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joy
[joi] • noun

gladness not based on circumstance

[1 peter 1:8-9]
3 Secrets to Living Your Best Life as a Mental Health Professional!
Sacrifices

• Time
• Money
• Friendships
• Social connections
• Family commitments
• Freedom
• Relationships
• Physical Health
• Mental Health
• Fun
• Comfort
• Peace
All the hard work, all the sacrifices, all the sleepless nights, struggles, downfalls, it all pays off.

If you don't sacrifice for what you want, what you want becomes the sacrifice. What you are willing to sacrifice for it.
Why Live Your Best Life?
To be a Black woman in America is to constantly endure bullsh*t that no one else will ever have to while consistently outperforming your counterparts under circumstances that no one else is subjected to with a smile in order to make everyone else comfortable with your presence and success—all the while knowing they’ll never be comfortable with either.

Twirl on Serena.

Peace be the journey and the goal.

@LozanneBritt
Why Live Your Best Life?

• Your ability to experience joy should not be limited by virtue of your identities!

• Your ability to experience joy should not be limited by your desire to help others and be excellent!

• When you start to see that the cost of excellence is threatening your health and wellness, the cost is too high!

• You deserve a good life!
What is Living Your Best Life
3 Secrets to Living Your Best Life as a Mental Health Professional!
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#LivingMyBestLife
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What is #LivingMyBestLife

“Living your best life is the intentional daily act of creating a life that you are genuinely excited to participate in.”

-Dr. Tai
Top 3 Strategies for Mental Health Professionals Who Want to Live Their Best Life
#3

Redefine Excellence
Redefine Excellence
This is NOT Excellence
Excellence is **NOT** about being all things to all people at all times.

It **IS** about using your brilliance to make **intentional impact**.

Unlocking your brilliance requires **self love**.

-Dr. Tai
3 Secrets to Living Your Best Life as a Mental Health Professional!

How to Get Sh*t Done

Erin Falconer

Why women need to stop doing everything so they can achieve anything

Drop the Ball

Tiffany Dufu

Achieving more by doing less

Foreword by Gloria Steinem

Engaging... A heartfelt look into the emotions... of high-achieving women in a half-changed time.

—The New York Times Book Review
#2
Stop Making To-Do Lists
There’s nothing like having a long to-do list to make me feel like doing nothing at all.
Daily Intentions
"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."

Dr Maya Angelou
I'd rather have fewer accomplishments while living my best life, than more accomplishments and have been robbed of the joys of my days, weeks, months, and years.

-Dr. Tai
To Do List

A mind dump of all the tasks I feel like I need to accomplish in a given day/week/month to feel like I'm getting ahead and/or staying afloat in my boss woman life!
Daily Intentions

A thoughtful list of daily to-dos that reflect the most critical things I'd like to accomplish so at the end of the day I'll feel fulfilled in work, love, and life.

1. What *needs* to get done today?
2. Infuse self-care
3. is this too much?
4. Will I feel good about my day if this is how I spend my time?
#1
Manage Stress with Grace
3 Secrets to Living Your Best Life as a Mental Health Professional!

[Link to Google Drive document]
Strategies for Living Your Best Life:

3. Redefine Excellence
2. Stop Making To-Do Lists
1. Manage Stress with Grace
“I refuse to let my desire to serve and be excellent, limit my ability to experience joy!”
3 Secrets to Living Your Best Life as a Mental Health Professional!

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