

MENTAL HEALTH > SEO

**GIVE THE SEO INDUSTRY A
GOOD NAME.** PRACTICE
HONESTY, INTEGRITY AND
ACCOUNTABILITY.

DO GOOD WORK –
ALWAYS. IT PAYS
DIVIDENDS.

IT'S OK TO DO
A/B TESTING ON
MY SEO CAREER

DEEP BREATH IN. RELEASE
WHAT NO LONGER SERVES
ME ON THE BREATH OUT.

CONTINUE TO SHOW UP AND FIGURE IT OUT!
EVERYONE'S JOURNEY IS DIFFERENT. I WILL STOP
COMPARING MY PROGRESS TO OTHERS.

ASKING FOR HELP IS A SIGN OF COURAGE.

OTHER SEOS ARE COLLEAGUES,
not competition. Build
partnerships and refer out.

THERE IS A PLACE
for everyone in
this industry.