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.