



THE DIFFERENCE
BETWEEN BEING

PROFESSIONAL & CONNECTED

V S .

CASUAL & DISCONNECTED



"I'm being myself,
isn't that great?"



"I'm being too casual
because I'm trying to
be who I think you
want me to be."

"I think self-affirming
thoughts about my
worth. This helps me
validate others,
which makes me feel
good."

"I'm constantly
thinking about my
problems, or what
you think about me."

"I am in integrity
with myself. I'm
going to stay
professional, no
matter how you act."

"You've offended me
and I need to defend
myself to make
myself feel better."

"I validate my
feelings and choose
to align with the
positives. You don't
MAKE me feel
anything."

"I can't let go of my
feelings and they
make me feel
incapable of doing
my job."