

Hierarchy of Needs



Relationship Success



Truth is, no two people are completely compatible.... We must be **WILLING TO COMPROMISE** for the good of the relationship.

You should not be the one doing all the bending. **COMPROMISE** is a **TWO-WAY STREET**.

NO RELATIONSHIP IS PERFECT, EVER. There are always some ways you have to bend, to compromise, to give something up in order to gain something greater.

Every successful relationship must have the **3 C's:...** **COMMUNICATION, COMPROMISE** and **COMMITMENT.**

In marriage, **COMPROMISE NURTURES** the relationship.

COMPROMISING doesn't mean that you are wrong and someone is right, it only means that you value your **RELATIONSHIP** much more than your **EGO.**

What is Consent?

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Consent is more than **YES** or **NO**

Informed

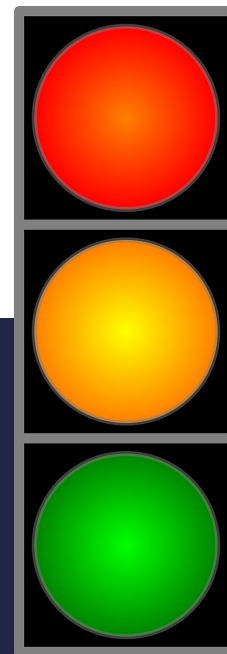
Does each person know what the risks are?
Do both know what will happen?
Know what specific activities will happen.

Enthusiastic

They aren't pressured.
Volunteer consent.

Ongoing

Check in throughout activities.
Ask for consent as things change.



Steps to CPR

1

CALL EMERGENCY NUMBER



Call 911 or ask someone to help.

2

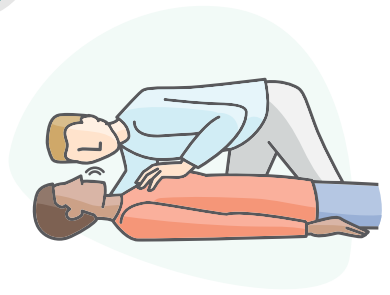
CHECK VITAL SIGNS



Lay the person on their back and open their airways.

3

CHECK BREATHING



If they are not breathing, start CPR.

4

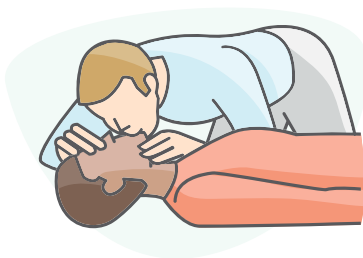
PERFORM CPR



30 chest compressions.

5

GIVE RESCUE BREATHS



Two rescue breaths.

6

REPEAT



Repeat until an ambulance arrives.

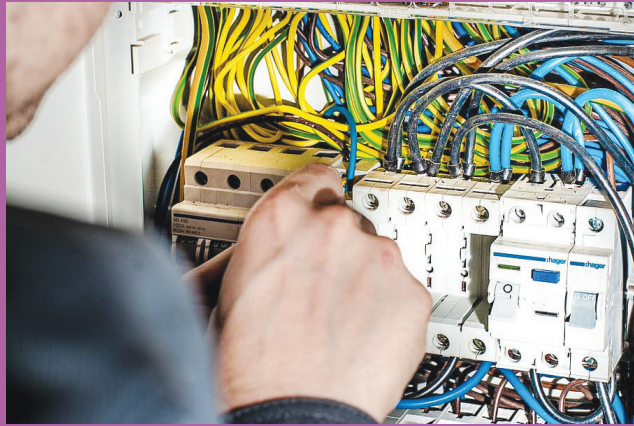
What Will You Make?



Truck Driver \$34,000 - \$84,000



Doctor \$278,000 - \$769,000



Electrician \$47,000 - \$84,000



Veterinarian \$27,000 - \$122,000



Firefighter \$33,000 - \$99,000



Yoga Teacher \$28,000 - \$84,000

Symptoms of Stress

The following are symptoms of stress when experienced chronically.



Headaches



Little Energy



Upset Stomach



Aches, pains, tense muscles



Quick Heart Rate



Trouble Sleeping



Getting Sick Often