



THE ACADAMI READING AND PODCAST RECOMMENDATIONS

Trauma/Stress/Brain Science

The Body Keeps the Score
What Happened to You
The Deepest Well
The Teenage Brain
The Boy who was Raised as a Dog
Born for Love
Age of Opportunity
Brainstorm
The Brain That Changes Itself
Nurturing Resilience

Personal Development

As Many Reps as Possible (The AMRAP Mentality)
The Magic of Thinking Big
Extreme Ownership
The Code of the Extraordinary Mind
The 10x Rule
The Millionaire Next Door
Max Out Your Life
The 5 Second Rule
How to Live 365 Days a Year
Atomic Habits
How to Talk to Anyone
Fortitude
How to win Friends and Influence People
The 7 Habits of Highly Effective People
Make Your Bed
The Miracle Morning



Motivation

Relentless
Redefine Impossible
Can't Hurt Me
How to Make Sh*t Happen
The Subtle art of not Giving a F***
Inspirational
Man's Search for Meaning
The Way of the Peaceful Warrior
Girl, Wash Your Face
Untamed
Tattoos on the Heart
Big Magic

Suggested Daily Practices

TIP: Do not try to do all things at once, there's always good/better/best. Even one small step in the right direction is still a step. Pick 1 or 2 new healthy habits you want to create and start there, get them done daily for 21 days in a row before you add more.

- Prayer/Meditation (even 1-minute helps)
- Breathing (20-30 seconds upon waking & throughout the day)
- Reading (10 pages/day – not on electronics – ideally upon waking and/or before bed)
- Yoga/stretching (5 minutes or more every morning)
- Gratitude – write down/speak out loud 3+ things you're grateful for
- Visualization – close your eyes and see the body you want, the life you want; spend time in that visualization and get into the details of it – looks, sounds, smells, colors, feel
- Plan your day (everyday have an idea of what you need to accomplish and how, the night BEFORE, go to bed with the plan already ready or start your day early to do your planning)
- No electronics or screens 1-2 hours before bed
- DO NOT SNOOZE – GET UP, BREATHE, GET GOING
- Goal: drink 100 oz of water a day
- Goal: walk for 20+ minutes a day intentionally
- 7-minute workout: Every morning, set a timer for 7 minutes, pick an exercise (plank, push-ups, squats, jumping jacks, mountain climbers, sit-ups, etc...) WORK 40 seconds; REST 20 seconds; Repeat for 7 minutes



SELF-CARE PLAN

One thing I will do to care for my mind is:

A barrier to that might be:

I will address that barrier by:

One thing I will do to care for my body is:

A barrier to that might be:

I will address that barrier by:

One thing I will do to care for my spirit is:

A barrier to that might be:

I will address that barrier by:



PROMISE TO YOURSELF:

I will prioritize making steps to improve my wellness in these aspects (mark your choices)

Financial

Emotional

Spiritual

Physical

Intellectual

Occupational

Social Environmental

How? (list 1 small shift per choice):

MANTRA:

Choose a daily or weekly mantra that reminds you, encourages you, and focuses you on the goal(s) you've chosen above.

Write it here and/or in a note you can see daily, in a daily phone reminder, as your background on your phone or computer, etc...