

The Acadami
Reading and Podcast Recommendations

Trauma/Stress/Brain Science

The Body Keeps the Score
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

Any book by Brene' Brown or Don Miguel Ruiz Jr. is highly recommended

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
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

Podcasts

Brene' Brown – Unlocking Us
Meditation Oasis
The Daily Meditation Podcast
Meditation Minis
On Being
Present Moment: Mindfulness
The Mindful Kind
The New Psychology of Depression
Mindfulness Mode

Motivation

Relentless
Redefine Impossible
Can't Hurt Me
How to Make Sh*t Happen
The Subtle art of not Giving a F***

Professional/Business

I Hear You
The Infinite Game
The Slight Edge
Radical Candor
Reality-Based Leadership
Leaders Eat Last
The Dichotomy of Leadership
Vivid Vision
Never Split the Difference
Emotional Success

Spiritual

The Four Agreements
A Return to Love
The Untethered Soul
The Universe has Your Back
E-Squared
Notes from the Universe
Think Like a Monk
Altered Traits

Inspirational

Man's Search for Meaning
The Way of the Peaceful Warrior
Girl, Wash Your Face
Untamed
Tattoos on the Heart
Big Magic

Apps:

My Transphormation Starts Today
(my coaching app)
Omvana
MindValley
Calm app
Stop, Breathe, Think
Fabulous app
Headspace
Aura app
Buddhify
Mindfulness Daily
10% Happier
Smiling Mind

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 until the 7 minutes is over

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):

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