The Acadami

Reading and Podcast Recommendations

Trauma/Stress/Brain Science

The Body Keeps the Score

What Happened to You

The Deepest Well

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

The Teenage Brain

The Boy who was Raised as a Dog

Born for Love

Age of Opportunity

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

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

Max Out Your Life

The 5 Second Rule

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

How to Live 365 Days a Year

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

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

Motivation

Relentless

Redefine Impossible

Can’t Hurt Me

How to Make Sh\*t Happen

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

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 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