



2018-19 MENTORS

KNOWLEDGE SHARING

BOOKS & AUDIOBOOKS:

- 'Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain and Body' by Daniel Goleman & Richard Davidson
- 'The Miracle Morning' by Hal Elrod
- 'Who's Got Your Back?' by Keith Ferrazzi
- 'The Automatic Millionaire' by David Bach
- 'The Latte Factor: Why You Don't Have to Be Rich to Live Rich' by David Bach
- 'Start with Why' by Simon Sinek
- 'Atomic Habits' by James Clear
- 'Mindful Work' by David Gelles
- 'Gratitude Daily: 21 Days to More Joy & Less Stress' by Nataly Kogan
- 'Big Magic: Creative Living Beyond Fear' by Elizabeth Gilbert

APPS, PODCASTS, TED TALKS:

- Mindshift from Anxiety Canada (app)
- YNAB - You Need a Budget (app)
- Darren Daily by Darren Hardy (podcast)
- The Alchemized Life, episode 37 (podcast)
- Mile IQ: mileage tracking (app)
- The Life School Coach by Brooke Castillo, episode 26 (podcast)
- Everyday Leadership by Drew Dudley (TED talk)
- Skyscanner (app)
- Seth Godin: This is Marketing (podcast)
- Calm (app)
- Mastery & Message with Lisa Princic (app)
- The GaryVee Audio Experience: Gary Vaynerchuk (podcast)
- Malcolm Gladwell (podcast)

OTHER IDEAS:

- Advice: Surround yourself with a cheering crowd
- Bullet Journaling
- Journal with pen & beautiful book
- 'Big Dreams, Small Spaces' on Netflix
- Advice: the importance of morning routine (no tech, meditation, slow starts, walks)
- Lighthouse's mentor program :)
- The Joy of Now Journal
- Use coconut oil on your face - just put it on a facecloth & wipe on
- Celebrate your resilience!
- Maurice Sendak: On Life, Death & Children's Lit on npr.org (a must listen to interview)