



HELPING BUSY PROFESSIONALS BRING THEIR 'A' GAME TO WORK & LIFE

Ideas to Ponder:





HELPING BUSY PROFESSIONALS BRING THEIR 'A' GAME TO WORK & LIFE

Resources

- *The Five Love Languages* – Dr. Gary Chapman
- *The Happiness Project* – Gretchen Rubin
- www.tut.com A quick daily pick me up email from 'The Universe' – it's pretty cool!
- www.TED.com Ted Talks - Ideas Worth Spreading
- *Women, Food and God* – An Unexpected Path to Almost Everything- Geneen Roth
- *Switch – How to Change Things when Change is Hard* – Chip and Dan Heath
- *Good to Great* – Jim Collins
- *The Luck Factor* – Dr. Richard Wiseman
- www.lrunurun.com – accountability website
- *The Happiness Hypothesis- Finding Modern Truth in Ancient Wisdom* - Jonathon Haidt
- *Drive - The Surprising Truth about What Motivates Us* - Daniel Pink
- *The Alchemist*- Paulo Coelho
- *How the Way You Talk Can Change the Way You Work* – Robert Kegan
- *Today Matters* - John C. Maxwell
- www.Flylady.com – to help you get and stay organized
- www.Wordle.net create your own personalized motivational poster
- Movies - "HAPPY" and "I am" – watch them with people you love
- *Gimme a Break – The Art of Making Time Work for You* – Hugh Culver
- *What to Say when you Talk to Yourself* - Shad Helmstetter
- *Press Pause ... Think Again: More Balance & Perspective for Work & Life* – Patricia Katz
- *Who You are When No One is Looking- Choosing Consistency, Resisting Compromise* - Bill Hybels
- *The Brain That Changes Itself* - Norman Doidge, MD
-



And of course... visit www.yourlifeunlimited.ca for oodles of free resources, articles, videos and to invest in the following resources...

- *When Enlightening Strikes - Creating Mindset for Uncommon Success* (book) – or e-book on www.Amazon.com
- *Your Life, Unlimited – The 5 "A" Principles for a Life of Success & Significance* CD – unplugged (available from iTunes, as well)
- *Burn-out Prevention that Works* - LIVE CD
- iPhone App - *Life Support for Nurses* – download it even if you are not a nurse – you will find lots of great information that will apply to your own life. (on iTunes)
- *Your Life, Unlimited Guided Journal* – a free resource to help you get to know yourself better and the *Personal Best Quest* e-newsletter – a monthly booster shot for immunity to negativism!

All by yours truly, Stephanie Staples.

www.yourlifeunlimited.ca
stephanie@yourlifeunlimited.ca
www.facebook.com/yourlifeunlimited