**Personal Development Resources**

Books for Children:

* *Spaghetti in a Hot Dog Bun* by Maria Dismondy
* *Dear Girl* by Amy Krouse Rosenthal & Paris Rosenthal
* *Dear Boy* by Amy Krouse Rosenthal & Paris Rosenthal
* *Be Brave Little One* by Marianne Richmond
* *I Wish You More* by Amy Krouse Rosenthal
* *I Can’t Do That, YET: Growth Mindset* by Esther Pia Cordova
* *Giraffes Can’t Dance* by Giles Andreae & Guy Parker-Rees
* *The Most Magnificent Thing* by Ashley Spires
* *The Girl Who Never Made Mistakes* by Mark Pett & Gary Rubinstein
* *Think for Myself* by Kristy Hammill
* *Just As You Are* by Michelle & Kelly Skeen
* *Big Life Journal (Kids and Teens):* [*https://biglifejournal.com/collections/all*](https://biglifejournal.com/collections/all)

Books for Adolescents and Adults:

* *7 Habits of Highly Effective Teens* by Sean Covey
* *The Hero with a Thousand Faces* by Joseph Campbell
* *Self Reliance* by Ralph Waldo Emerson
* *12 Rules for Life: An Antidote to Chaos* by Jordan Peterson
* *Beyond Order: 12 More Rules for Life* by Jordan Peterson
* *How to Fail at Almost Anything and Still Win Big* by Scott Adams
* *As A Man Thinketh* by James Allen
* *Man’s Search for Meaning* by Viktor Frankl
* *Siddhartha* by Herman Hesse
* *Demian* by Herman Hesse
* *How to Win Friends and Influence People* by Dale Carnegie
* *Girl, Wash Your Face* by Rachel Hollis
* *Lies We Tell Ourselves: The Psychology of Self Deception* by Dr. Cortney Warren
* *Live Your Dash: Making Every Moment Matter* by Linda Ellis
* *Taking the Leap: Freeing Ourselves from Old Habits and Fears* by Pema Chodron
* *On Becoming a Person* by Carl Rogers
* *Principles* by Ray Dalio
* *The Daily Stoic* by Ryan Holiday
* *Meditations* by Marcus Aurelius
* *Atomic Habits* by James Clear
* *Flow* by Mihalyi Csikszentmihalyi
* *The Subtle Art of Not Giving a F\*ck* by Mark Manson

Websites:

* Understand Myself
  + - <https://understandmyself.com/>

* The Self Authoring Suite
  + - <https://www.selfauthoring.com/>
* Choose Honesty
  + - <https://choosehonesty.com/>
* Atomic Habits
  + - <https://jamesclear.com/>
* The 4-Hour Workweek
  + - <https://tim.blog/>​​​

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Videos:

* Personal Development by Jim Rohn

<https://www.youtube.com/watch?v=DGIjuVbGP_A>

* The Power of Ambition by Jim Rohn

<https://www.youtube.com/watch?v=z0soIewG58I>

* Honest Liars: The Psychology of Self Deception by Dr. Cortney Warren <https://www.youtube.com/watch?v=YpEeSa6zBTE>
* How To Stop Screwing Yourself Over by Mel Robbins <https://www.youtube.com/watch?v=Lp7E973zozc>