

KNOW THYSELF



A GUIDE TO SURVIVING
AND THRIVING AS YOUR
BEST POSSIBLE SELF

KNOW THYSELF

Resource Sheet

Are you tired of feeling like everything in your life revolves around work or family, without allowing you the time you need to move forward in your goals and dreams? *KNOW THYSELF* can provide you with some of the best key strategies to putting your power back in your hands, but sometimes other resources can really drive the point home!

Books

What can be more powerful than knowledge when it comes to becoming the best version of yourself? If you want to become the master of your destiny, you must first become a student of life. These books will provide you with valuable insights that will help you every step of the way.

The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change

For anybody who wants to learn how to manage time wisely and learn more in-depth about the habits that successful people utilize to come into their full potential, Stephen R. Covey's *The 7 Habits of Highly Effective People* is an incredible resource. It covers everything from changing your perspective on the world to pieces of wisdom that have been utilized for centuries in creating lasting change. If becoming the best version of yourself is your goal, then this book is for you.

Think and Grow Rich: The Original 1937 Unedited Edition

Written by a wise man known as Napoleon Hill, *Think and Grow Rich* is all about the power of positive thinking. When we are defeatist and negative, it can make it difficult for us to achieve our goals, especially when we don't even believe that it is possible. In his book, Napoleon Hill provides readers with timeless wisdom and motivational words on the powers of positivity and persistence.

Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat

Paul Jaminet and Shou-Ching Jaminet are responsible for this insightful book, which will help you to improve your mind-body connection by learning how to truly connect with the foods that you are eating. It is an approach to nutrition that takes evolution and current scientific findings into consideration to provide readers with insight that will make their bodies healthier and happier; the prime condition or achieving goals.

Tools

Monday

<https://monday.com/>

Monday is a planning platform that allows you to utilize hundreds of templates to create a personalized and fun calendar that will help you to organize your goals and stay on track. It is interactive, customizable, and colorful, and helps you to stay focused on what is truly important.

Forks Over Knives Meal Planner

<https://www.forksmealplanner.com>

The Forks Over Knives meal planner is a great way to help you stay organized every day. When it may seem like life is too busy to stay healthy and nourish the body and mind with healthy foods, the Forks Meal Planner is there to help you choose meals and generate an easy to download or print grocery list to keep you organized and your body healthy!

Trinfinity Academy

<https://www.trinfinityacademy.com/>

The Trinfinity Academy is a completely free web course that helps you to utilize your personal potential and become a master of personal growth. The series covers a large range of topics, including but not limited to meditation, mindfulness, and motivation. For anybody seeking enlightenment, this free course offers valuable wisdom and insight that can help you to perform at your highest potential!