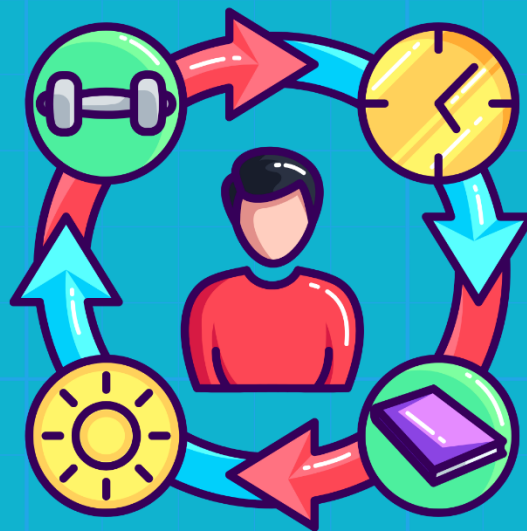


A SIMPLE, EFFECTIVE APPROACH TO
DISCIPLINE AND CONSISTENCY

ELEVATE: SELF-DISCIPLINE BLUEPRINT



RESOURCES

Angel Thoughts LLC

Self Discipline Blueprint – Resources

1. Books:

- "The Power of Habit" by Charles Duhigg
- "Atomic Habits" by James Clear
- "Mindset: The New Psychology of Success" by Carol S. Dweck
- "Grit: The Power of Passion and Perseverance" by Angela Duckworth

2. Websites:

- **Psychology Today:** Offers articles on psychology topics, including self-discipline and habits.
- **Tiny Buddha:** Provides personal stories and blogs about mindfulness and self-improvement.
- **Zen Habits:** A blog by Leo Babauta focusing on finding simplicity and mindfulness in daily life.

3. Online Courses:

- **Coursera:** Search for courses on self-improvement and personal development.

Self Discipline Blueprint – Resources

- **Udemy:** Offers courses on time management, productivity, and habit formation.
- **Skillshare:** Find classes on lifestyle, productivity hacks, and motivational tips.

4. YouTube Channels:

- **Thomas Frank:** Videos on being more productive and disciplined.
- **Matt D'Avella:** Covers topics on minimalism, habits, and productivity.
- **Ted Talks:** Watch inspiring talks on self-discipline, motivation, and personal growth.

5. Podcasts:

- "The Tim Ferriss Show": Tim interviews world-class performers from eclectic areas, digging deep into their routines and habits.
- "The Tony Robbins Podcast": Where Tony and other motivational speakers discuss strategies and techniques for improving your life.
- "The Habit Coach with Ashdin Doctor": Focused on developing healthy habits.

6. Forums and Community Groups:

Self Discipline Blueprint – Resources

- **Reddit:** Subreddits like r/getdisciplined and r/selfimprovement are communities for sharing strategies and support.
- **Quora:** A Q&A platform where you can ask questions about self-discipline and read insightful answers from a variety of people.

7. Apps:

- **Forest:** An app to help you stay away from your smartphone and stay focused on your work.
- **Todoist:** To manage tasks and projects anywhere.
- **Headspace:** Offers guided meditations that can improve your focus and mindfulness.

This list should give you a good starting point to find resources that will help you learn more about and improve your self-discipline.