

Self Development Resource List

Places to Get Personal Development

- Kindle Unlimited
- [Audible](#)
- HOOPLA app (attached to library card)
- Podcast App
- Sticher App
- Youtube
- Christianaudio.com (get one free listen a month)



Podcasts for Self Growth

- Optimal Living Daily
- Earn Your Happy
- Happier with Gretchen Rubin
- Cultivate Your Life
- Do It Scared
- Jesus Over Everything
- Milk and Honey
- Productivity Paradox
- Redefining Wealth
- Risen Motherhood
- She
- That Sounds Fun



“Mom” Specific Podcasts

- Purpose Driven Mom Show
- 3 in 30: Takeaways for Moms
- 500 Seconds to Joy
- About Progress
- Don't Mom Alone
- Equipping Godly Women
- Experiencing Motherhood: Single and Black
- Focus on the Family
- Influential Motherhood
- The Mom Wants More Podcast
- Motherhood Simplified
- Real Happy Mom
- Soul Care for the New Mom
- That Mom Show
- The 5 Minute Mom
- The Better Life Project
- Homemaking Ministries
- Mother Like a Boss
- The Mudroom
- The Purpose Show
- Thriving in Motherhood
- Shameless Mom Academy
- The Unfiltered Motherhood
- This Organized Life

Personal Growth Books

<p>Books for Dreaming Big</p> <p>The Magic of Thinking Big by David Schwartz You were meant for a God sized dream by Holley Gerth</p>	<p>Books for Your Goals and Habits</p> <p>Push by Chalene Johnson Compound Effect by Darren Hardy Slight Edge by Jeff Olsen The 12 Week Year by Brian Moran Your Road to Success by John C Maxwell</p>
<p>Books for Abundance</p> <p>Think and Grow Rich by Napoleon Hill The Universe Has Your Back by Gabrielle Bernstein Failing Forward by John C Maxwell</p>	<p>Books Time Management</p> <p>Eat that Frog by Brian Tracy Seven Habits of Highly Effective People by Stephen Covey The 5 Second Rule by Mel Robbins The Miracle Morning by Hal Elrod</p>
<p>Books for Confidence</p> <p>I am that Girl by Alexis Jones You are a Badass by Jen Sicnero Gifts of Imperfection by Brene Brown Daring Greatly by Brene Brown Braving the Wilderness by Brene Brown</p>	<p>Books for Self Love</p> <p>Nourish by Krystle Bailey Start with Why by Simon Sinek Present over Perfect by Shauna Niequist Uninvited by Lysa Terkeurst T for Transformation by Shaun Thompson Self Compassion by Kristin Neff</p>

2020 Books Read List



Personal Growth Reflection

Date: _____

Book Read: _____

Quote that Stood Out: _____

Reflection and Takeaways: _____

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