

SAVVY GIRL GUIDE

IMPROVING YOU WITH PERSONAL DEVELOPMENT



What exactly is personal development? You may have heard it called “shelf help” because that's what I thought before I got serious about reading books and listening to audio programs to improve myself! I can remember some of my corporate employers gifting me with these types of books. I would literally put them on the shelf and never look at them again! I had this thought in my head that I didn't need to improve myself by reading or listening to anything because heck, I had 6 spent years in college getting a bachelors and masters degree! Why would I need to do anything more? I never realized the impact it could make! It wasn't until I was a few years into my current business that I actually dove in and took it seriously! Now rarely a day goes by where I'm not fueling my mind with something that will make me a better mom, wife, coach, leader, friend or business owner! Its truly something I consider a vital behavior if you want to reach a higher level of success in every area of your life!!



1

Make it personal!

Don't just jump on the bandwagon of the hottest new book that someone recommends. While it might be a great book, it might not be what YOU need! Do your due diligence and read what the book is about and see if it aligns with what area of your life YOU need to improve!



2

Listen up!

I highly recommend taking advantage of audio programs. You can listen while you're cleaning the house, doing laundry, getting ready in the morning and when you're driving, especially if you have a long commute! There are books on audio, Podcasts and YouTube videos to plug in

3

Schedule it!

Just like your workouts and important meetings, scheduling time to read and or listen to audio is a MUST. Believe me, it'll be super easy to forget about it until you've been made it a habit! Remember, we all have things that we can improve in our life and its up to you to figure out what you need and then make personal development a priority!

4

Start/find a group!

Accountability plays a huge role in achieving success. If you want to maximize the likelihood of you sticking with a personal improvement plan, get into a support group or book club. You can all read the same book (as long as it aligns with each person's individual need) or everyone can read something different. The point is to hold each other accountable until it becomes a daily habit!

RECOMMENDATIONS

Below are my top picks, sorted by areas of your life you'd like to improve upon. Most I've read or listened to myself. Some are on my list to read and a few were recommended by some of my trusted friends and mentors. I hope you find something on this list that helps you as much as it helped me!

SELF	CONFIDENCE	<ul style="list-style-type: none"> • I am THAT Girl • Adventures for Your Soul • Girl. Wash Your Face • Mastering Your Mean Girl • Present Over Perfect 	<ul style="list-style-type: none"> • The Confidence Code • The Gifts of Imperfection • You are a Badass
DAILY	DISCIPLINE & TIME MANAGEMENT	<ul style="list-style-type: none"> • The Compound Effect • The Slight Edge • No Excuses • The Power of Habit 	<ul style="list-style-type: none"> • Eat that Frog • Miracle Morning • 5 Minute Journal
STRONG	MINDSET	<ul style="list-style-type: none"> • Art of Exceptional Living • Think and Grow Rich • 15 Invaluable Laws of Growth 	<ul style="list-style-type: none"> • The Magic of Thinking Big • Power of Positive Thinking • The Secret
HEALTHY	RELATIONSHIP	<ul style="list-style-type: none"> • Five Love Languages • The Go Giver • Personality Plus • Just Listen • The Fred Factor 	<ul style="list-style-type: none"> • Everyone Communicates, Few Connect • How to Win Friends and Influence People
ACHIEVE	GOALS	<ul style="list-style-type: none"> • 12 Week Year • 7 Habits of Highly Effective People • Goals! 	<ul style="list-style-type: none"> • Success Principles • Failing Forward • GRIT
BODY	NUTRITION & EXERCISE	<ul style="list-style-type: none"> • Eat Clean Diet Recharged • Seven Pillars of Health • Superlife • It Starts with Food • Bulletproof Diet 	<ul style="list-style-type: none"> • Eating Well for Optimum Health • Made to Crave • Bring It • The Big Picture • Fixate Cookbook

RECOMMENDATIONS

BUILD

LEADERSHIP

- Develop the Leader Within
- EntreLeadership
- 21 Irrefutable Laws of Leadership
- People Follow You
- The Go Giver Leader
- Becoming a Person of Influence;

CONTROL

FINANCES

- First Steps to Wealth (War on Debt)
- Total Money Makeover
- Rich Dad, Poor Dad

TAKE

ACTION

- Go for No
- 10x Rule
- Rhinoceros Success
- 5 Second Rule
- Be Obsessed or Be Average
- The Big Leap
- Playing Big

GET

ORGANIZED

- One Year to an Organized Life
- The Life Changing Magic of Tidying Up
- The Clutter Diet

AUDIO

PODCASTS, APPS, & OTHER RESOURCES

- Podcast App: The Chalene Show, Trust and Believe, TED Talks (search any favorite author or speaker to find their Podcast channel)
- PEPTalk App
- Audible.com
- YouTube.com also has great free content

One final note as you begin your personal growth journey. Aim to read about 10 pages of a recommended book OR listen to 15-20 minutes of any audio program per day. Almost all books are available in audio form via the Audible.com app! Its my favorite! Increase the amount you listen to or read as your schedule allows. I actually incorporate BOTH reading and audio (of different books/programs) into my day. Remember, when we stop learning, we stop growing So be open to learning all you can to become a better version of yourself.

All my best,

Tami