

Resources: Goal Setting that Sticks

Reading

[*The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results*](#) by Gary W. Keller & Jay Papasan

[*I Know How She Does It: How Successful Women Make the Most of Their Time*](#) by Laura Vanderkam

[*168 Hours: You Have More Time Than You Think*](#) by Laura Vanderkam

[*Grit: The Power of Passion and Perseverance*](#) by Angela Duckworth

[*Deep Work: Rules for Focused Success in a Distracted World*](#) by Cal Newport

[*Peak: Secrets from the New Science of Expertise*](#) by Anders Ericsson

TED Talks

https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time

https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action

https://www.ted.com/talks/eduardo_briceno_how_to_get_better_at_the_things_you_care_about

Websites

<http://jamesclear.com/deliberate-practice-theory>

<http://lauravanderkam.com>

<https://the1thing.com/resources/my-purpose/>