15 Lessons for Leadership & Life

- Find your motivation
- No task is too small
- Don’t fear change
- Be bad until you’re good and good until you’re great
- Cultivate a leadership mindset
- Identify key priorities
- Greatness is in the agency of others
- Embrace imposter syndrome symptoms
- Don’t forget to have fun!
- Count your gratitude
- Set healthy boundaries
- Remember to breathe
- Know your competition (it’s you!)
- Focus your energy
- Be open
15 BOOK RECOMMENDATIONS

01. Principles by Ray Dalio
02. Algebra of Happiness by Scott Galloway
03. Atomic Habits by James Clear
04. Playing Big by Tara Mohr
05. Dare to Lead by Brené Brown
06. Heart Talk by Cleo Wade
07. 12 Rules for Life by Jordan Peterson
08. Four Agreements by Don Miguel Ruiz
09. Sapiens by Yuval Noah Harari
10. Meditations by Marcus Aurelius
11. The Obstacle is the Way by Ryan Holiday
12. Untamed by Glennon Doyle
13. Wim Hof Method by Wim Hof
14. Loving What Is by Byron Katie
15. Deep Work by Cal Newport

5 PODCASTS

• Huberman Lab
• Lex Fridman
• Prof G Pod
• Dare to Lead
• Tara Brach

5 APPS

• Wim Hof Method
• Daily Art
• Insight Timer
• I am – affirmations
• Evernote

5 THINGS YOU'RE GRATEFUL FOR

01. ______________________________________
02. ______________________________________
03. ______________________________________
04. ______________________________________
05. ______________________________________

@GRACE.OSULLIVAN  GRACE.OSULLIVAN@ASD.EDU