










## Resource Guide to Make Shift Happen

 book  internet  article  video  www.dailyplanit.com

 GREAT Skills Trading cards: [Brain & Motivation](#), [Positive Psychology](#), [Productivity](#), [Emotions](#), [Relationships](#)


### Introduction

 “Your Brain at Work” by David Rock &  TED Talk [Understanding the brain changes everything](#) (14:54)

 “Mindset” by Carol Dweck

 A [personal growth mindset](#), [Brain Basics](#), [Work Engagement](#) & [Top 10 Skills Employers Want](#)

 [The Shift & Persist model](#)

 [executive functions](#) of the prefrontal cortex of the brain from wikipedia

Brain Games:  Article on the [effectiveness of brain games](#) from Scientific American


 [Pinterest board](#) with links to free online brain games


### Chapter One: The Time Perspective Shift

 The [Marshmallow experiment](#) (3:27)

 “The Code of the Extraordinary Mind” by Vishen Lakhiani


### Chapter Two: The Shift to Happiness


 Happiness Assessment at University of Pennsylvania [Authentic Happiness website](#)

 Vanessa Van Edwards happiness audit [video](#) from the Science of People (8:17)

 “The How of Happiness” by Sonja Lyubomirsky


 “Stumbling on Happiness” by Daniel Gilbert

 “Authentic Happiness” by Martin Seligman

 The [BE MEASURING Framework](#) | [Benefits of the BE MEASURING happiness practices in Infographics](#)

• [Time for Happiness](#) -credit to mytherapypage

• More [Positive Psychology Experts](#) (see also Mihaly Csikszentmihalyi -Chapter Six)


 [Happiness](#) Youtube Playlist

 [Happiness Habits](#) Pinterest board

### Chapter Three: Power Up with Highly Effective Happiness Habits

 [Random Acts of Kindness](#) | [Gratitude](#)

 Infographic with [50 Reasons to Exercise](#) from darebee.com

 Health experts advise [2.5 hours of exercise a week](#) at health.gov. [Survey on the truth about weight loss](#) from parade.com

 [Best Weight Loss Apps](#) from Healthline

 Short workout: the free [Johnson and Johnson 7 minute workout app](#) or the [New York Times Scientific 7 minute workout app](#).

## Chapter Four: Pause - Shift to the Present

 [Breath2Relax](#) app

 [Walk along the beach](#) video (24:41) for mindfulness


### Benefits of Meditation

 [Infographic](#) of Meditation Benefits from liveanddare.com

### Videos:

- [Scientific American Video](#) ( 2:24)
- Dan Harris [Video](#) from Big Think (3:44)
- [Sara Lazar TED Talk](#) (8:34)

### How to Meditate:

 [Meditation 101](#) (2:01) video from Happify

 Tara Brach's [10 Minute Meditation](#) audio

### Meditation Studies:

 [“The Emotional Life of Your Brain”](#) by Richard Davidson

 [7 ways meditation can change the brain](#) from Forbes & [How to Meditate: What Type? How Long? How Often?](#) from connection.tv

### Meditation Apps & Online Resources:

 The Best Meditation Apps from [Healthline](#)

 Guided Meditation Apps & Online Resources

*Relaxation:* Take a Break app from [Meditation Oasis](#) with a 7 minute work break or 13 minute stress relief guided meditation. For insomnia, try the [Can't Sleep](#) video (2:17) from Jason Stephenson.

*Mindfulness:* The [Virtual Hope Box](#) app from T2health includes a 4 minute Beach Guided Meditation.

*Compassion:* A Loving-Kindness meditation from [UCLA](#) (9:00) is available online. A longer online version (17:49) from [mindful.org](#).

## Chapter Five: Connect with Purpose

### *Spirituality*

 [Religion in Everyday Life](#) from Pew Research Center

 [Beliefs](#) | [Core Values](#) | [Map Your Values](#) at the [Brand and Purpose Toolkit](#)



### *Aspire*

 Dailyplanit [Work Skills Toolkit](#) for self-assessment and work goals

 Dailyplanit [goal setting guide](#) | eBook “[Get Goaling](#)” | [End Goals Lead to a Meaningful Journey](#) | Seinfeld Chart for [Habits](#) |

Infographics: [Science of Goals](#) | [Science of Productivity](#)

 “The Code of the Extraordinary Mind” by Vishen Lakhiani  [Means goals vs End goals](#) (11:53)

 “Drive” by Dan Pink  [RSA Animate](#) (5:48)

🎧 Behavioral Economist Dan Ariely TED Talk, "[What Makes Us Feel Good About Our Work.](#)" (20:26)

📄 [Rewards can backfire and reduce motivation](#) from psyblog

🖱️ Alex Vermeer [website](#) | 🖥️ [visual illustrations](#) of these strategies at the Daily PlanIt, a [free printable brochure with quotes and affirmations](#) & a [slideshow](#) of the quotes.

📖 "Power of Habits" by Charles Duhigg

📖 "Willpower" by Roy Baumeister

🎧 B J Fogg TED Talk on Tiny Habits, "[Forget big change, Start with a Tiny Habit,](#)" (17:23) & his [Behavior Wizard](#)

🎧 [Losing Weight with Social Pressure](#) video by Levi (4:03)

📖 "Start With Why" by Simon Sinek | 🎧 [TED Talk](#) (18:02)

📖 "Grit" by Angela Duckworth | 🎧 TED Talk [Grit](#) (18:38)

📄 [lose twice as much weight](#) with a diet diary from WebMD

📌 Pinterest board on [Goals](#)

## Chapter Six: Shift to Productivity

🎧 Video on [The value of time](#) (1:01) | [10 commandments of non-productivity](#) (4:48)

🖥️ [Time management matrix](#) from "First Things First" by Stephen R Covey

[Make Today Count](#) | [Time audit](#) | 🖱️ chronodex from artist [Kate Smith](#)

📖 "The Way We're Working isn't Working" by Tony Schwartz | [TED talk](#) (17:55)

📖 "18 Minutes" by Peter Bregman | [TED talk](#) (23:28)

🖱️ Most Important Tasks (MITs) from Blogger Leo Babauta at [Zen Habits](#)

📖 "Flow" by Mihaly Csikszentmihalyi

📖 "The War of Art" by Stephen Pressfield

🖥️ Daily Planit | [Time Management 101](#) has links to |the [Keep It Super Simple \(KISS\) System](#) | [A Daily Routine](#) & [Run Your Day Like an Athlete](#) | [Flow infographic](#), Finding Focus – see Conclusion | [Planning](#) | [10 things to do to get the important stuff done](#)

📺 [Productivity](#) Youtube Playlist

📖 BOOKS

System: "Getting Things Done" by David Allen

Routine: "The Way We're Working Isn't Working" by Tony Schwartz

Focus: "The Seven Habits of Highly Effective People" by Stephen R. Covey


Plan: "The Personal Efficiency Program" by Kerry Gleeson | also MITs from Leo Babauta at [Zen Habits](#)

## Chapter Seven: Connect with People


*Emotions & Relationships*

📖 "Emotional Intelligence" by Daniel Goleman

📄 [NPR article on body maps of emotion](#)



 Albert Ellis [REBT form](#)


 [Emotions & the Brain](#) Video (2:02)

 Daily PlanIt resources on [emotions](#) & [anger management](#)


 Those with close relationships report [higher levels of happiness](#) at [actionforhappiness.org](#)

 “The Four Loves” by C.S. Lewis


 Brene Brown [TED talk](#) “The Power of Vulnerability” (20:52) |  [Being vulnerable about vulnerability](#) at the TED blog

 Article on [resilience](#) from [mayoclinic.org](#)

## BOOKS

- “Real Love” by Greg Baer
- “Six Pillars of Self-Esteem” by Nathaniel Branden
- “The Five Love Languages” by Gary Chapman
- “All About Love” by Bell Hooks
- “Why Marriages Succeed or Fail” by John Gottman
- “Creating Optimism” by Bob Murray and Alicia Fortinberry
- “Give & Take” by Dr. William Harley | website at [marriagebuilders.com](#) 
- “Getting to Yes” by Roger Fisher

## Chapter Eight: Communication

 Communication resources at the Daily PlanIt:

- [Communication](#) -from the [Skills Employers Want](#) series
- [Communicate Well](#) -from the [Year of Personal Development](#) series
- [Listening Skills](#) -two free printables

 [Communication](#) playlist at the Daily PlanIt Youtube channel


 [Communication](#) board at Pinterest from the Daily PlanIt

## Conclusion

### BOOKS

- “[The Blue Zones of Happiness](#)” by Dan Buettner.
- “[Prediabetes: a complete guide](#)” by Jill Weisenberger.

 [Myfitnesspal](#)

 [Simply Dinner: the game plan](#) | [Learning about a low carb diet](#) | [Make healthy food choices and track diet](#)

 The [top regrets of the dying](#) from Bronnie Ware

 [Uncover Hidden Talents](#) | [Unique Value Proposition](#) | The [Make Shift Happen Manifesto](#) pdf

*Thank You* for reading this book! If it has helped you to make shift happen, please consider adding a

review at Amazon. It could be a random act of kindness, and reviews are much appreciated!

*You're invited* to continue learning about developing life and work skills at the [Daily PlanIt](#).  
Subscribe to the [RSS feed](#), sign up for [email newsletters](#), or join the [Facebook](#) page so you won't miss a thing.

**Find the Daily PlanIt at:**

Website: [www.dailyplanit.com](http://www.dailyplanit.com)

You Tube Channel at <https://www.youtube.com/user/dailyplanit4u>

Facebook at <https://www.facebook.com/DailyPlanitSkills>

Pinterest: <https://www.pinterest.com/rosemaryhonn1/>

Delicious Links: <https://delicious.com/dailyplanit>

Flipboard: <https://flipboard.com/@rosemaryhonn1>

Slideshare: <http://www.slideshare.net/dailyplanit>