



REWRITING YOUR STORY

RESOURCE CHEAT SHEET

Below is a list of resources that will play a huge role in changing your life. We recommend these with the intent of helping you change your life for the better. Connect with like minded people on forums, read blog posts from those who have experienced re-writing their narrative, and give support to those who are on the same journey as you are.

Let's take a look now at the following down below:

Blog Post:

["Self-Sabotage: Overcoming Self-Defeating Behavior"](#)

Learn about the several different types of self-sabotaging behavior and how you can overcome them with ease.

Forum:

[Reddit - r/DecidingToBeBetter](#)

Engage with a supportive community on Reddit dedicated to self-improvement. Share your experiences, seek advice, and participate in discussions about overcoming limiting beliefs. Take a moment to learn about stories from people who decided to improve their lives for the better.

Website:

[Lifehacker](#)

Lifehacker offers practical tips and life hacks to enhance productivity and goal-setting. Explore their articles on planning and taking action to turn your goals into actionable plans.

Blog Post:

["SMART Goals: A How to Guide"](#)

While not a blog post per se, this resource guide will give you a deeper understanding of what SMART goals are and how to set them. Use this as your go-to framework for whenever you want to set bigger goals (and break them down into smaller ones). There may be no other framework out there quite like this.

Forum:

[Reddit - r/selfimprovement](#)

This is another subreddit where you can learn about self-improvement across various areas of your life. It will be a place where discussions are ongoing, while you may be able to ask your fellow Redditors for advice on improving certain parts of your life.

Video:

[Ross Cunningham - How Motivation Drives Success \(TED Talk\)](#)

Learn from the personal story of Ross Cunningham - who explains the real truth about motivation and how it can be used to overcome whatever challenges life throws your way.

Forum:

[Quora - Self-Improvement](#)

Quora's Self-Improvement section is a platform where individuals share their experiences and insights. Participate in discussions, ask questions, and learn from the collective wisdom of the community.

Website:

GoalMap.Blog

This blog is linked to the GoalMap app where you can set and track the goals you set forth to do. You can also follow them on their social media and YouTube channel as well. You'll get a wide variety of valuable nuggets.

Website:

James Clear

The author of the Best Selling "Atomic Habits" offers this blog as an extension of the hit book that focused on self-improvement strategies and being able to transform your life with good habits while doing away with bad ones.

Podcast:

School of Greatness

Hosted by Lewis Howes, this podcast features a wide variety of interviews featuring various celebrities and leaders of different industries and niches. Learn about their stories from where they have started to how they got to their current spot.

Blog Post:

["Overnight Success is a Myth - Here's Why"](#)

Published by Forbes Magazine, this discusses why overnight success isn't what it's cracked up to be. Giving you a different angle and perspective on what it really is.

Website:

[Tony Robbins](#)

One of the world's best motivational speakers, Tony Robbins has traveled the world and inspired many people to change their lives for the better.

Website:

[MasterClass](#)

Want to learn a new skill to enrich your life? MasterClass might just be the place for you. Learn the skill you want to learn by your celebrity instructors. Want to learn how to cook with Gordon Ramsay? Or maybe you're thinking of a certain skill or discipline. With over 200+ classes, the real question is: where do you begin?

Website:

[Skillshare](#)

Maybe MasterClass might not be the best option for you to learn a new skill? No worries, there's Skillshare. Find online classes - paid and free - on skills you are interested in learning. Improve your life by developing skills that you want to be good at. Especially the kind of skills where you have struggled in the past. Now is your chance to make improvements that will change your life.

We hope this list of resources will be able to help you improve your life in various areas.