

1) How to build habits

- **Inspiration:**
 - What motivates you to do this change? What inspires you to change or build a new habit? Think about how your life could be if you make this change.
- **Intention:**
 - Set some clear intentions: you need a plan. This is a critical link between inspiration and action. When do you plan to do what?
- **Action**
 - Shift things to action – just start it!
- **Experience**
 - Repeat the process until it is experienced, and becomes a new habit. Research says that you need 20 repetitions to start building a new habit... so 5 minutes each morning for three weeks could do the trick to kick this off!

2) Meditation Apps

- Headspace (www.headspace.com)
- Calm (www.calm.com)
- And many more are out there ... and they are a great start to build a habit!

3) My recommended reads

- General reads:
 - *Search Inside Yourself* by Chade-Meng Tan
 - *10% Happier* by Dan Harris
 - *Real Happiness* by Sharon Salzberg
- Mindfulness/Meditation
 - *Happiness* by Matthieu Ricard (*probably THE book that changed my life...*)
 - *Why Meditate* by Matthieu Ricard
 - *Mindfulness for Beginners* by Jon Kabat-Zinn
 - *Wherever You Go, There You Are* by Jon Kabat-Zinn
- Compassion
 - *A Fearless Heart* by Thupten Jinpa
 - *Self-Compassion* by Kristin Neff
- Research/Mindfulness today
 - *The Emotional Life of Your Brain* by Richard Davidson
 - *Altered Traits* by Richard Davidson and Daniel Goleman
 - *Your Brain At Work* by David Rock
- Emotional Intelligence
 - *Emotional Intelligence: And Why it Can Matter More Than IQ* by Daniel Goleman
 - *Focus: The Hidden Driver of Excellence* by Daniel Goleman
- Spiritual (but practical)
 - *The Miracle of Mindfulness* by Thich Nhat Hanh
 - *A Force For Good: The Dalai Lama's Vision for Our World* by Daniel Goleman