



Video: *Be Your Own Guru* by Jonathan Fields from the *Good Life Project*

<https://youtu.be/ODxjHHW1WBA>



Video - *Sherri Coale* Speech: “*What Nobody Tells You About Coaching*”

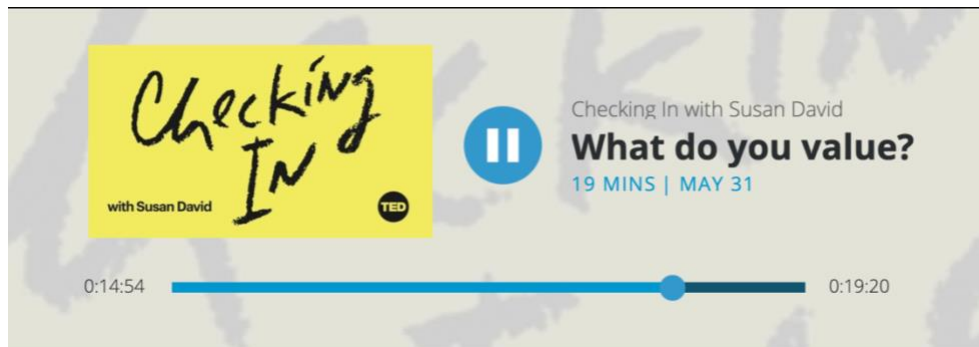
from *What Drives Winning*. <https://youtu.be/6OXUpXS-ulc>





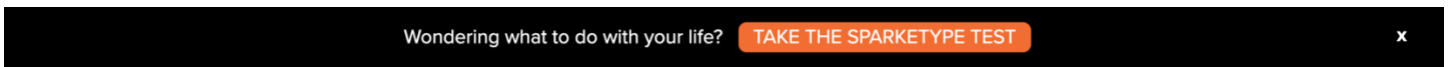
Amazing 19 minute podcast on *values* with **Susan David!**

<https://www.stitcher.com/podcast/ted/checking-in-with-susan-david/e/70069080>



Take the **SparkType Assessment** from the **Good Life Project**

<https://www.goodlifeproject.com/sparketest/>



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