

Books

You Are a Badass-Jen Sincero
The Power of Moments-Chip & Dan Heath
Girl Wash Your Face-Rachel Hollis
The Year of Yes-Shonda Rhimes
Untamed-Glennon Doyle
Start With Why-Simon Sinek
Anything by Brene Brown
Leadership books by John Maxwell
Get Your Sh*t Together-Sarah Knight
Growth Mindset by Carol Dweck
Everything is Figureoutable by Marie Forleo

Podcasts

The Rachel Hollis Show
Unlocking US by Brene Brown
On Scene First with Tracy Eldridge
Within the Trenches
We Speak Dispatch
The Accidental Trainer by ATD
TED Talks Daily
TED Radio Hour

What Inspires Us

Quotes

"Sis, never tiptoe through life. Let them hear every mfing step you take."

"The world needs who you were made to be."

"When you give, you begin to live. You get the world." -Dave Matthews

"Don't adapt to the energy in the room. Influence the energy in the room."

"Your beliefs carry more power than your reality."-
Dr. Bruce Lipton

Power Playlist

Don't Stop Me Now-Queen
Run the World (Girls)-Beyonce
I Love Me-Demi Lovato
Don't Be So Hard on Yourself-Jess Glynne
Like a Girl-Lizzo
Woman-Ke\$ha
Brave-Sara Bareilles
Rise Up-Andra Day
Fight Song-Rachel Platten
Truth Hurts-Lizzo