

Daily Personal Development Video Links

Please view one of the Motivational Videos below each day as your "Personalised Development Touchstone" tool activity under: "Self-Improvement" Core Focus Area 3, Activity 1)

1. <https://youtu.be/1c9RzgBFBPk>

RESET Your MINDSET - Best Morning Motivation

2. <https://youtu.be/j2iBZZC72Kc>

5 Actual, Real Ways to Practice Self Love

3. https://youtu.be/GEf_0wi5ShY

YOUR ATTITUDE IS EVERYTHING - Best Self Discipline Motivational Speech

4. <https://youtu.be/Uru20s20mSU>

Personal Growth Questions You Must Ask Yourself | Jim Rohn

5. https://youtu.be/vUKPQvVe_UI

Be TRUE To Yourself ❤️ Brene Brown Motivational Speech 2021
Leadership and Vulnerability

6. <https://youtu.be/8fzGPwY40Cw>

"5 RULES FOR THE REST OF YOUR LIFE" | Matthew McConaughey
MOTIVATIONAL SPEECH

7. <https://youtu.be/TQMbvJNRpLE>

How to Achieve Your Most Ambitious Goals | Stephen Duneier |
TEDxTucson

8. https://youtu.be/Dk20-E0yx_s

10 Habits Of All Successful People!

9. https://youtu.be/pkte99B_xUc

Brené Brown's Life Advice

10. <https://youtu.be/2Ar05F-LnWQ>

FIND YOUR PURPOSE - Best Motivational Video for 2022 | Goalcast

11. <https://youtu.be/VLilIWLQYaw>

10 Simple Daily Habits to Change Your Life

12. <https://youtu.be/TqxxCYnAxo8>
How to end stress, unhappiness and anxiety to live in a beautiful state | Preetha ji | TEDxKC
13. <https://youtu.be/7CKrumDEoHA>
How to Master Consistency to Achieve Your Goals
14. https://youtu.be/7XCHS2Tx_z0
SELF CONFIDENCE | Morning Motivation | Motivational Speech
15. <https://youtu.be/rn57tzg8-DQ>
Achieving Your Goal, Regardless Of What Life Throws At You
16. <https://youtu.be/LDSCztSszHE>
HABITS THAT HAVE CHANGED MY LIFE | How to improve your life, motivation, goals :)
17. <https://youtu.be/7sxpKhIbr0E>
The psychology of self-motivation | Scott Geller | TEDxVirginiaTech
18. <https://youtu.be/mmU56vZs72A>
Personal Development | Powerful Jim Rohn Motivational Compilation
19. <https://m.youtube.com/watch?v=v1ojZKWfShQ>
How To Eliminate Self Doubt Forever & The Power of Your Unconscious Mind | Peter Sage | TEDxPatras
20. https://youtu.be/dOkNkcZ_THA
5 Lessons To Live By - Dr. Wayne Dyer (Truly Inspiring)
21. <https://youtu.be/kzLlrbC0EcA>
The Real Power of Personal Growth & Why You NEED to Grow
22. https://youtu.be/_BNDdamTDak
Mel Robbins | One of the Best Talks Ever on Self-Motivation
23. <https://youtu.be/CRHgAV6oTMM>
How To Trick Your Brain Into Liking Hard Things
24. <https://youtu.be/pIDNCqExjIo>
Les Brown - THE GREATEST ADVICE EVER TOLD | Powerful Motivational Video 2021
25. <https://youtu.be/cKTtnhC6f0E>
5 Things Highly Productive People Do Every Sunday That Most Others Don't

26. <https://youtu.be/hTQy-PW7xkU>
How To Fix Any Habit - (The Habit Troubleshooter)
27. <https://youtu.be/-Jwf9hbXyUQ>
10 Things You Need to Give Up If You Want to Be Successful
28. <https://youtu.be/tEmOTn4xrZA>
Life Lessons I'd Tell My Teenage Self
29. <https://youtu.be/23tusPiiNZk>
I MUST KEEP GOING - Powerful Motivational Speech on PERSPECTIVE
(Featuring Marcus Elevation Taylor)
30. <https://youtu.be/nSd3xi5MbAQ>
WHEN THERE'S NO ONE AROUND - Best Motivational Speech