

7 Days To Mental Fitness



Jocko Willink

Monday	https://www.youtube.com/watch?v=IdTMDpizis8 ("Good")
Tuesday	https://www.youtube.com/watch?v=4d-P9baha-w ("Morning motivation")
Wednesday	https://www.youtube.com/watch?v=dSOAWq19y5A ("Turning point")
Thursday	https://www.youtube.com/watch?v=yoEv5PxrDvs ("Discipline equals freedom")
Friday	https://www.youtube.com/watch?v=Ijqr3BcqWM ("Extreme ownership", TEDx)
Saturday	https://www.youtube.com/watch?v=bL5RzI5LyVc (Joe Rogan episode)
Sunday	https://www.youtube.com/watch?v=NnKcquMobHQ (separate Joe Rogan episode)

Jordan Peterson

Monday	https://www.youtube.com/watch?v=ZjI7vqizTRc ("Choose your sacrifice")
Tuesday	https://www.youtube.com/watch?v=z3cjsFFKAQ ("Responsibility")
Wednesday	https://www.youtube.com/watch?v=a4PS_DhzyDg ("Be dangerous but disciplined")
Thursday	https://www.youtube.com/watch?v=PE0u7-SX2hs ("Improve yourself right now")
Friday	https://www.youtube.com/watch?v=IbN5wX9C7S4 ("Transform yourself")
Saturday	https://www.youtube.com/watch?v=5xbADDvciko ("Most eye opening 60-minutes")
Sunday	https://www.youtube.com/watch?v=-5RCmu-HuTg ("12 rules for life")

Earl Nightingale

Monday	https://www.youtube.com/watch?v=TApxX1Tbo6w ("Winner's attitude")
Tuesday	https://www.youtube.com/watch?v=bR0IcraK9_Y ("Pay the price")
Wednesday	https://www.youtube.com/watch?v=lyHTJnCWdY ("Stop holding yourself back")
Thursday	https://www.youtube.com/watch?v=2_FDTL547aU ("Master the fundamentals")
Friday	https://www.youtube.com/watch?v=Gg2FeyyE1aE ("The power of your mind")
Saturday	https://www.youtube.com/watch?v=7IAvd7_a6Kg ("Lead the field")
Sunday	https://www.youtube.com/watch?v=F4s1Fyh4HAg ("The strangest secret")

Ryan Holiday & Stoicism

Monday	https://www.youtube.com/watch?v=2bguEiUgDA4 ("Be unshakeable")
Tuesday	https://www.youtube.com/watch?v=0oVsLkPqXWo ("12 stoic lessons")
Wednesday	https://www.youtube.com/watch?v=X5JwF5pwR34 ("Questions to change your life")
Thursday	https://www.youtube.com/watch?v=heh5XLwZVOY ("Stoic rules for a better life")
Friday	https://www.youtube.com/watch?v=V0WKHFh79ZE ("Habits for becoming your best self")
Saturday	https://www.youtube.com/watch?v=IXPDIskRO0c ("Reading Marcus Aurelius")
Sunday	https://www.youtube.com/watch?v=Vb3dA6zAoKs ("60 stoic lessons")

Jim Rohn

Monday	https://www.youtube.com/watch?v=mmU56vZs72A ("Personal development")
Tuesday	https://www.youtube.com/watch?v=8IsO7Rm-sXA ("Best advice")
Wednesday	https://www.youtube.com/watch?v=Yg2TIHQh71o ("Don't live a small life")
Thursday	https://www.youtube.com/watch?v=DKvjDFTIYTW ("Master time management")
Friday	https://www.youtube.com/watch?v=jojsIsOyUnw ("3 steps to personal development")
Saturday	https://www.youtube.com/watch?v=41wNFjTICJo ("See things that don't yet exist")
Sunday	https://www.youtube.com/watch?v=DGIjuVbGP_A ("Take charge of your life")

David Goggins

Monday	https://www.youtube.com/watch?v=JV8mIfjwPeM ("Inner voice")
Tuesday	https://www.youtube.com/watch?v=WNSZ6xouNv4 ("Purpose in life")
Wednesday	https://www.youtube.com/watch?v=YrSLOht3urY ("Stop caring about other's opinions")
Thursday	https://www.youtube.com/watch?v=yErh67Is9XA ("Goggins motivation compilation")
Friday	https://www.youtube.com/watch?v=S2eso4vLPms ("Can't hurt me")
Saturday	https://www.youtube.com/watch?v=Swj8GllivXs ("Becoming unstoppable")
Sunday	https://www.youtube.com/watch?v=ngvOyccUzzY ("Master your life")