

MASTER YOUR MIND

RESOURCE CHEAT SHEET



Online Resources

High Existence - This resource is aimed at those who want to break free of conventional shackles and free their mind. It consists of practical spiritual techniques and favors the works of Carl Jung, Sigmund Freud, Alan Watts, Joseph Campbell, and Krishnamurti. It also places a strong emphasis on integrating the shadow self and eliminating weaknesses using Stoic philosophies.

<https://highexistence.com/blog/>

Mark and Angel Hack Life - Mark and Angel are New York Times bestselling authors and professional success coaches. Their blog has over 130,000 subscribers and is full of practical yet forgotten advice on how to get the most out of life. The site has nearly 1000 informative articles.

<http://www.marcandangel.com/>

Law of Attraction Resources - A list of resources including audio material that all pertain to the law of attraction so you can really take command of your life. The majority of these resources are free.

<https://www.use-the-law-of-attraction.com/law-of-attraction-resources.html>

2KnowMySelf - A simple and intuitive directory of personal master categories such as limiting beliefs, meta physics, positive psychology, creative thinking, making money etc. An excellent place to get started and understand the basics of various kinds of self development modalities.

<http://www.2knowmyself.com/directory>

Zen Habits - This site is run by one person (Leo Babauta) and still gets over 2 million visitors a month. Needless to say, the owner practices what he preaches, which is meditation, mindfulness, and minimalism.

<https://zenhabits.net/>

Articles

4 keys to Developing Mastery in Anything - This article outlines 4 critical steps to attain mastery in any field. The advice seems straightforward but is very difficult to apply in practice. The 4 keys are “to give your life to it, be free of the pleasure/pain principle, drop results-oriented thinking, and show some heart”.

<https://anmolmehta.com/blog/2007/12/07/4-keys-to-developing-mastery-in-anything/>

How to Control Your Thoughts and Become the Master of Your Mind - Lifehack is a good resource in general with many helpful tips on mastering the mind. This article assigns names/personalities to certain thoughts in order to help you in replacing them with better ones.

<https://www.lifehack.org/articles/lifestyle/how-to-master-your-mind-part-one-whos-running-your-thoughts.html>

Cognitive Restructuring: The Complete Guide on How to Reframe Your Beliefs - This post outlines how we can restructure our beliefs for personal mastery. The underlying idea is that our beliefs about things shape our emotions and wider reality, and that nothing is intrinsically good or bad. An in-depth investigation on how we can actually change our beliefs around anything for a higher quality of life.

<https://www.theemotionmachine.com/cognitive-restructuring-complete-guide-reframe-beliefs/>

Focus: The Ultimate Guide on How to Improve Focus and Concentration - This is an excellent site on all aspects of personal mastery that clearly defines different categories of self-development. This particular article is a comprehensive guide to developing focus and concentration.

<https://jamesclear.com/focus>

Personal Mastery Courses

30 Challenges to Enlightenment - This is a set of 30 challenges that are geared toward finding the self and breaking out of socially defined conventions. The challenges are aimed at quieting the mind and eliminating procrastination. If you can do these, you are guaranteed to make major breakthroughs.

<https://store.highexistence.com/products/30-challenges>

Habits Academy - A training platform aimed at both individuals and organizations to incorporate daily habits and compound them for long-term success. Run by professional development coach James Clear.

<https://habitsacademy.com/>

How to Break the Habit of Self-Doubt and Build Real Confidence - Mel Robbins is an immensely popular author and speaking. The course explores the science of doubt and how to build lasting confidence using good habits.

<https://www.creativelive.com/blog/how-to-break-the-habit-of-self-doubt-and-build-real-confidence-mel-robbins/>

Critical Thinker Academy: Learn to Think Like a Philosopher - A popular Udemy course that gives a step by step process on how to think clearly and avoid the steam of data and misinformation we are constantly bombarded with.

<https://www.udemy.com/critical-thinker-academy/>

Master your brain: Neuroscience for personal development - This course breaks down neuroscience principals in ways that are easy for anybody to understand, and no prior knowledge is required. If you need official scientific backing before embarking on a course, then this could be for you.

<https://www.udemy.com/my-brain-and-i/>

Books

12 Rules for Life - This (controversial) bestseller by clinical psychologist Jordan Peterson has been incredibly well received in providing guidance on how to act and behave. The rules are simple yet effective and mix spiritual principles with scientific discoveries.

<https://www.amazon.com/12-Rules-Life-Antidote-Chaos/dp/0345816021>

The Upside of Your Dark Side - An investigation on how to integrate the shadow side for increased success at home and in the workplace.

<https://www.amazon.com/Upside-Your-Dark-Side-Self-Drives/dp/1491528222>

Mini Habits: Smaller Habits, Bigger Results - A simply to read yet highly effective and popular book by Stephen Guise on how to master habits once and for all. A worldwide bestseller in 17 languages.

https://www.amazon.com/dp/B00HGKNBDK/ref=sspa_dk_detail_5?psc=1

Letters from a Stoic - Letters from the Roman philosopher Seneca to his student on appropriate behaviors and actions. This advice is as relevant today as it was in Roman Times. The pdfs can be downloaded for free online. The Tao of Seneca pdfs (i.e. Letters from a Stoic) were made available by Tim Ferris who attributes more success to this philosophy than any other.

<http://whatisstoicism.com/stoicism-resources/tao-seneca-free-pdf-downloads/>

Zen and the Art of Motorcycle Maintenance - An immensely popular books that is both interesting to read while also explaining core components of the ideas of value and happiness in a way that is easy to understand.

<https://www.amazon.com/Zen-Art-Motorcycle-Maintenance-Inquiry/dp/0060589469>