RESOURCES: Personal Sustainability

**REFLECTING ON YOURSELF**

**BOOK:**

**BOOK:**

**BOOK:**

**WEBSITE:**
Strengths Based Leadership  
[http://strengths.gallup.com/110242/About-Book.aspx](http://strengths.gallup.com/110242/About-Book.aspx)

**BOOK:**

**VIDEO:**
Susan Cain: The power of introverts (19:04)  
[https://youtu.be/c0KYU2j0TM4](https://youtu.be/c0KYU2j0TM4)

**MANAGING WORKLOAD**

**Video:**
The Breakthrough Coach 2-Day Program (4:17)  
[https://youtu.be/iWhmu2reH6U](https://youtu.be/iWhmu2reH6U)

**Video:**
The way we're working isn’t working: Tony Schwartz at TEDxMidwest (17:54)  

**Book:**

**Book:**

**YOUR FIT IN YOUR CONTEXT**

**VIDEO:**
TEDxMileHigh - Natalie Baumgartner – Fit (9:49)  
[https://youtu.be/JN3mW2lzCrc](https://youtu.be/JN3mW2lzCrc)
CHANGING THE CONTEXT

ARTICLE:
How to Improve Your Life with “Story Editing”

BOOK:

BOOK:

BOOK:

BOOK:

VIDEO:
Robert Kegan on Immunity to Change (14:02)
https://youtu.be/FFYnVmGu9ZI

BOOK:

EXPECTATIONS OF ADMINISTRATORS

ARTICLE HIGHLIGHTS:
The Myth of the Superprincipal

FULL ARTICLE:

ENCOURAGEMENT

SONG:
Craig Carothers, Little Hercules
https://youtu.be/5WHZA-1CZ5g