

# Recommended Resources to Elevate Your Journey

This curated list of books, podcasts, videos, and tools is designed to help you strengthen the areas where you may need growth based on your Elevator Builder Skills Inventory scores. Think of these resources as stepping stones to deeper knowledge and self-improvement. If you scored lower in any areas, use this as an opportunity to focus on those skills or qualities. Growth starts with awareness, and diving into these topics will equip you with the insights and strategies to level up.

**Remember:** building your elevator is a lifelong process, and every resource you explore is another floor closer to your goals. Please don't be deterred if you are not able to locate a specific resource the companies, names of thought leaders and general purposes of the apps are provided, so you can find something comparable. Pick one or two that resonate with you and take the next step today!

# Level 0 – The Basement



## **Podcast Episode:**

The Tony Robbins Podcast: Finding Your True North

## **Video:**

Simon Sinek – Start With Why (TED Talk)

**Book/Audiobook:** Atomic Habits by James Clear (\$16.99 paperback / free audiobook trial)

**Free Tool:** [16Personalities.com](https://www.16personalities.com) for self-discovery (free personality test)

# Level 1 – Define Success



**Book/Audiobook:** Essentialism: The Disciplined Pursuit of Less by Greg McKeown (\$16.99)

**Video:** Robert Kiyosaki – The Importance of Defining Success (YouTube Free)

**Podcast Episode:** Rich Dad Radio Show – Defining Success and Financial Freedom [Creator: Robert Kiyosaki]

**App:** SMART Goals App for setting and tracking specific, measurable, achievable, relevant, and time-bound goals (available on iOS and Android)

# Level 2 – Letting Go of Baggage



**Book/Audiobook:** The 5 Apology Languages by Gary Chapman and Jennifer Thomas (\$14.59)

**Meditation App:** Insight Timer – Guided meditations on forgiveness (free and premium options)

**Video:** Karol Truman – Feelings Buried Alive Never Die (Workshop Excerpt)

**Service:** [BetterHelp.com](https://www.betterhelp.com) (affordable telehealth therapy sessions)

**Book/Audiobook:** Set Boundaries, Find Peace by Nedra Glover Tawwab (\$17.99)

**Podcast Episode:** Brené Brown – The Power of Vulnerability and Boundaries

**Video:** Healthy Boundaries Workshop (YouTube Free)

# Level 3 – Building Tools



**YouTube Channel:** Ali Abdaal – Productivity Mastery and Life Hacks

**Podcast Episode:** Deep Work (based on the book by Cal Newport)

**App:** Todoist for task management (free with premium options)

**Audiobook:** The Miracle Morning by Hal Elrod (\$18.95)

**Book/Audiobook:** The 5 Love Languages by Gary Chapman (\$14.99)

**Book/Audiobook:** How to Win Friends and Influence People in the Digital Age by Dale Carnegie (\$19.99)

**Book:** Friend of a Friend by David Burkus (\$16.99)

# Level 4 – Execution/Focus



**Book/Audiobook:** You Owe You by Eric Thomas (\$16.00)

**App:** Focus@Will – Productivity music app (\$9.99/month trial)

**Video:** Max Perizon's Focus Mastery on Skool (Free introductory classes)

**App:** InsightTimer – Gratitude and self-belief meditations (free and premium)

**Tools:** *Pomodoro Timer apps* like Focus Booster (free and premium)

*Binaural Beats App for Focus*

**Google Play Store: Binaural Beats Brainwaves**

This app offers binaural beats designed to improve sleep, focus, and relaxation, complemented by nature sounds for ambiance

**Apple App Store: Binaural Beats**

A free app providing a simple, clean interface for binaural beats without draining your battery or interfering with other audio

**Microsoft Store: Binaural Focus Pomodoro**

A pomodoro timer app aiming to simulate specific mental states through binaural beats

# Level 5 – Creativity & Abundance



**Book/Audiobook:** Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert (\$16.99)

**Video:** Jill Bolte Taylor – A Stroke of Insight (TED Talk)

**Podcast Episode:** The Tim Ferriss Show – Divergent Thinking and Innovation

**Tool:** Daily Affirmation Apps like ThinkUp (free with premium options)

**Audiobook:** The Hero's Journey: Joseph Campbell on Creativity (\$12.99)

# Level 6 – Adaptability & Leadership



**Book/Audiobook:** Cues by Vanessa Van Edwards (\$17.99)

**Podcast:** The Art of Charm Podcast – Social Dynamics and Influence Episodes [Creator: Jordan Harbinger]

**Video:** Vanessa Van Edwards – The Science of People (YouTube Channel)

**Book/Audiobook:** Leaders Eat Last: Why Some Teams Pull Together and Others Don't by Simon Sinek (\$16.99)

**Book/Audiobook:** Developing the Leader Within You 2.0 by John C. Maxwell (\$10.99)

**Book:** The 21 Irrefutable Laws of Leadership by John C. Maxwell (\$19.95)



# Level 7 – Blazing Trails



**Book/Audiobook:** The War of Art by Steven Pressfield (\$14.99)

**Podcast Episode:** The Life Coach School – How to Reprogram Your Mind [Creator: Brooke Castillo]

**Video:** Bob Proctor – Faith Over Fear Lecture (YouTube Free)

**App:** InsightTimer – Gratitude and self-belief meditations (free and premium)

## **Assessments:**

- DISC Assessment
- Kolbe Student Aptitude Quiz
- Color Code Personality Test
- CliftonStrengths 34

# The Penthouse – Bonus Chapters



## Treat Your Body Right

- **Book/Audiobook:** *The Body Keeps the Score* by Bessel van der Kolk (\$19.99)
- **Book/Audiobook:** *Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love* by Tony Robbins and Peter H. Diamandis (\$17)
- **Video:** Dr. Mark Hyman – The Connection Between Food and Brain Health
- **App:** MyFitnessPal for tracking nutrition and fitness (free with premium)
- **App:** Peloton for diverse workout classes and fitness tracking (iOS and Android, subscription-based with a free trial)  
[Creator: Peloton Interactive, Inc.]

# The Penthouse – Bonus Chapters



## Elevator Pitch

- Podcast: [The GaryVee Audio Experience – Daily Entrepreneur Advice](#)
- Video Series: ["A Day in the Life of a Young Entrepreneur" on YouTube](#)
- Book: [The Lean Startup](#) by Eric Ries

## God's Role in Success

- Book: [The Purpose Driven Life](#) by Rick Warren (\$16.99)
- Podcast Episode: [Joel Osteen Podcast – Faith and Success](#)
- Video: [T.D. Jakes – God's Plan for Your Life \(YouTube Free\)](#)

# The Epilogue – An Invitation



- **Book:** [The Mastermind Principle](#) by Napoleon Hill
- **Book:** [Becoming Supernatural](#) by Dr. Joe Dispenza
- **Podcast Episode:** [Masters of Scale – Building and Sustaining Networks](#) [Creator: Reid Hoffman]
- **App:** [Meetup](#) for finding local mastermind groups and networking events (free on iOS and Android)
- **Service:** [Coach.me](#) for personal coaching and habit tracking (free with premium options)

# The Epilogue - An Invitation



- **Video:** TED Talk: "The Power of Mentorship" by Shawn Blanchard
- **Book/Audiobook:** The 6 Human Needs by Tony Robbins (available via Tony Robbins' store for under \$30)
- **Podcast Episode:** The School of Greatness - Legacy and Impact [Creator: Lewis Howes]
- **App:** Streaks for habit tracking and mastery (iOS, \$4.99) [Creator: Crunchy Bagel]