



January – Making Self-Improvements Stick
Follow-up Resources – Making Self-Improvements Stick:
Strategies for Thriving in our Modern World

Webinar Slides - [PowerPoint Presentation \(nfp.com\)](#)

The Resilience Toolkit Workbook - [The Toolkit Workbook \(nfp.com\)](#)

The Good Life Book - [Amazon.com: The Good Life](#)

Via Character Strengths Survey - [VIA Character Strengths Survey & Character Reports | VIA Institute](#)

Michael Hyatt's Full Focus Planner - [Introducing the Full Focus Planner | Full Focus](#)

Insight Timer (app) - [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#)