BOUNCE BACK

RESOURCE CHEAT SHEET

Bouncing back from failure is easier said than done. To be frank, learning how to overcome failure will take time. You need to work on your mindset, self-discipline, self-control, self-confidence, and self-belief if you want to truly succeed. You'd have to get rid of old, negative habits, and replace it with positive ones. Building new habits don't happen overnight either. It will take weeks to turn some new activity into a habit. You need all the help you can get. This is why we've compiled this useful list of resources to help you with your journey to success.

Courses

- **Overcoming Fear & Reaching Your Dreams**
  https://www.udemy.com/overcomefear

If you're struggling to make your dream a reality, then you may want to check out this hour-long video course by Chris Greenwood. He will teach you how to recognize fear and overcome it. He will also teach you how to persevere through fear and failure so you can succeed. All he asks when you enroll in the course is to have the desire to eliminate fear so you can achieve your dreams.

- **Goals Achieved! Goal setting success made simple**
  https://www.udemy.com/personal-goals-for-success-happiness-and-the-life-of-your-dreams

One of the fastest ways you can overcome your fear of failure, and turn it into stepping stones for success, is by setting goals. Let Ian Usher and Vanessa Anderson help you figure out what you really want to do in life, how you can develop the skills, mindset, and attitude to position yourself for success. By the end of the course, you'll feel inspired and more confident to face your journey towards success!

- **Discover Your Passion - How To Change Your Life Immediately**
  https://www.udemy.com/activate-your-passion-more-wealth-better-relationships

If you're tired of living an average life in your comfort zone, then you need to sign up for this course. The instructor, Benjamin Hero, guarantees that you'll be able to overcome failure, discover who you really are, and what you really want to do with your life. Being passionate about your goals is important because it will force you to go out of your boundaries and pursue your dreams.

- **How to Break the Habit of Self-Doubt and Build Real Confidence**
  https://www.creativelive.com/class/how-to-break-the-habit-of-self-doubt-and-build-real-confidence-mel-robbins

Mel Robbins is a well-known motivational TEDx speaker, a best-selling author,and serial entrepreneur. Her course is one of the highest rated courses in CreativeLive. It is best suited for those who want to stop doubting themselves and overcome impostor syndrome. By the end of this course, you'll feel more confident about yourself,so you can start going after your goals and dreams.

Websites and Blogs

- **Addicted2Success**
  https://addicted2success.com

Founded by Australian entrepreneur, coach and author, Joel Brown, Addicted2Successs is one of the most popular websites in the self-development niche. The site gives plenty of free and valuable information for people to find their way to success. From articles to podcasts, interviews to motivational videos, this website just about covers everything to help set you up for success!

- **Lifehack**
  https://www.lifehack.org

Lifehack is one of the most popular motivational websites on the Internet. They aim to provide visitors with refreshing ideas to "end negativity, get things done fast, and achieve bigger goals." You can read daily success quotes and posts in Psychology, Productivity, Communication, Motivation, Health, Lifestyle, and more. With millions of followers and hundreds of professional experts, you'll find plenty of things to read about on Lifehack.

- **Zen Habits**
  https://zenhabits.net/archives

Founded by Leo Babauta, Zen Habits will help you find simplicity and mindfulness in your daily life. With over a million readers visiting the site on a monthly basis, Zen Habits is certainly a popular blog. It will help you improve yourself by teaching you how to focus on mindful habits. Check the archives for a full list of articles going back to over a decade ago.

- **Wanderlust Worker**
  https://www.wanderlustworker.com

Wanderlust Worker was founded by Robert Kanaat, who also goes by the pen name R.L. Adams. His blog covers not just self-help and self-improvement topics, but also business, finance, online marketing, and even search engine optimization. In addition, he also writes about ways to get inspired, develop good habits, increase productivity, learn new life skills, and improve health and wellness.

Books

- **Failing Forward: Turning Mistakes Into Stepping Stones for Success by John C. Maxwell**
  https://www.amazon.com/Failing-Forward-Turning-Mistakes-Stepping/dp/0785288570

If you're looking for something to inspire and motivate you when life throws a punch at you, then this is the book to read. This top-selling book shares plenty of inspiring stories from people who've experienced massive failures but succeeded in spite of everything. Dr. Maxwell will show you the importance of embracing failure and how you can increase your odds for success.

- **No Excuses!: The Power of Self-Discipline by Brian Tracy**
  https://www.amazon.com/No-Excuses-Self-Discipline-Brian-Tracy/dp/1593156324

Learning to accept failure so you can succeed later on will require a healthy dose of self-discipline. If you're looking for an excellent book on self-discipline, look no further than Brian Tracy's bestselling book. You'll know about the different ways you can achieve success, not just personally, but also in other aspects of your life.

- **The Success Principles(TM) - 10th Anniversary Edition: How to Get from Where You Are to Where You Want to Be by Jack Canfield**
  https://www.amazon.com/Success-Principles-TM-Anniversary-Where-ebook/dp/B00K53D43C

The original edition of this bestselling book has helped thousands of people succeed in life. With the 10th anniversary edition, the author has added new content to help his readers succeed in the digital age. You'll learn so many things just by reading this book, like building your self-confidence, living with passion and purpose, tackling challenges, and realizing ambitions.

Podcasts

- **Eventual Millionaire**
  https://eventualmillionaire.com/category/other/millionaire-interviews

If you're wondering what makes millionaires different from ordinary people, then you need to subscribe to Jaime Master's podcast. She interviews people who've successfully overcome failures and challenges to build their fortunes. You'll get first-hand advice from the people who've taken huge risks to be where they are right now.

- **Mindset Zone**
  https://anamelikian.com/mindsetzone

To succeed in life, you need to have what's known as a growth mindset, instead of a fixed mindset. A growth mindset allows you to dream big and challenge yourself to push your boundaries, you don't settle for mediocrity. Hosted by Ana Melikian, Ph.D. the Mindset Zone podcast will leave you questioning life as a whole.