
Helpful YouTube Videos

Time Management

- EAT THAT FROG by Brian Tracy - Full Audiobook - YouTube
<https://www.youtube.com/watch?v=Q8Px4Dwni7U>
- Parkinson's Law - Manage Your Time more Effectively
<https://www.youtube.com/watch?v=tlddeUri3GM>
- The Eisenhower Matrix: How to Manage Your Tasks with Eisenhower
<https://www.youtube.com/watch?v=tT89OZ7TNwc>
- Using the Eisenhower Matrix
<https://www.youtube.com/watch?v=suGXZ1869qc>
- The 4-Quadrant Week Plan – Start Working on What Really Matters
<https://www.youtube.com/watch?v=Z459cW8C3i0>

Assertiveness Skills

- Assertiveness Skills and Techniques: Setting Boundaries and Living Authentically - YouTube
<https://www.youtube.com/watch?v=qZwT-pk8Vb8>

Self Esteem

- Building Positive Self Talk for Confidence and Self Esteem
<https://www.youtube.com/watch?v=bkEjdM7Kw0g>
- 50 Mindful Steps to Self Esteem Quickstart Guide
<https://www.youtube.com/watch?v=h4eZ1egVWyl>
- How to Build Self-Esteem – The Triple Column Technique (CBT)
<https://www.youtube.com/watch?v=20hYOeGC7qc>

Relaxation

- Box Breathing Relaxation Technique
<https://www.youtube.com/watch?v=tEmt1Znux58>
- The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety
<https://www.youtube.com/watch?v=30VMIEmA114>
- 4-7-8 Breathing Exercise to Alleviate Anxiety and Stress for Teens and Adults
<https://www.youtube.com/watch?v=PmBYdfv5RSk>

