

THE HEROIC APP - CLICK HERE TO JOIN

| Monday | Book of The Week | THE BIG IDEAS |
|--|---|---|
| Q1 2022 - Habits | | |
| Jan 3 | Tiny Habits | (1) Behavior = Motivation + Ability + Prompt - BE INTENTIONAL WITH YOUR PROMPTS. ABC. Anchor, |
| Jan 10 | Atomic Habits | (1) Not About What You Get, It's About Who You Become (2) Make It Obvious (3) Make It Attractive, Join A |
| Jan 17 | The Compound Effect | (1) Small, consistent, over time = Radical Difference (2) Magic Penny (3) Mundane, unsexy, consistent over |
| Jan 24 | The Slight Edge | (1) Preparedness creates opportunity |
| Jan 31 | Mini Habits | Make it too small to fail, tiny is mighty (2) it's what we do daily. (3) small goals impressive results vs |
| Feb 7 | Superhuman By Habit | Consistency -> Is everything. |
| Feb 14 | The Checklist Manifesto | Why We Err Ignorance + ineptitude |
| Feb 21 | The Power of Habit - Duhigg | An Efficient Brain Why we have habits (Make it Easier on yourself) |
| Feb 28 | Make Your Bed | The Ten Lessons Of SEAL training applied to life. |
| Mar 7 | Black Box Thinking | Black Box Thinking What is it? |
| Mar 14 | The Power of Habit - Hodge | (1) Dreamers vs. Doers Which are you? |
| Mar 21 | Habits 101 | See Handout at https://www.heroic.us/optimize/101 |
| Mar 28 | Optimizing Algorithms 101 | See Handout at https://www.heroic.us/optimize/101 |
| Q2 2022 - Focus | | |
| Apr 4 | Focus | Yoda Says Your focus is your reality |
| Apr 11 | Hyper Focus | Productivity (Redefined) Accomplishing what we intend |
| Apr 18 | Black Hole Focus | Sheep vs. Strategists Which are you? |
| Apr 25 | Fully Engaged | Want to Be Fully Engaged? Here's how. |
| May 2 | Make Time | Busy Bandwagons And Infinity Pools. |
| May 9 | The Way of The Seal | Ancient Values For modern times. |
| May 16 | Deep Work | Deep Work -> vs. Shallow work |
| May 23 | Unsubscribe | Rats + Rewards -> Real vs. random. |
| May 30 | Digital Minimalism | Your Soulls fighting in a lopsided arms race. |
| Jun 6 | The One Thing | The Domino Effect Is bigger than you may think. |
| Jun 13 | How Successful People Think | The 11 Essential -> Types of Thinking |
| Jun 20 | Manage Your Day to Day | Daily Routines -> Are where it's at. |
| Jun 27 | The 80/20 Principle | Pareto & 80/20 -> It's Everywhere! |
| Q3 2022 - Self-Image & Self-Confidence | | |
| Jul 4 | Self-Image 101 | |
| Jul 11 | The Alter Ego | Superman + Clark Kent -> Who's who? |
| Jul 18 | Coming Alive | |
| Jul 25 | Discover The Power Within You | |
| Aug 1 | Reinventing Yourself | |
| Aug 8 | Spiritual Liberation | |
| Aug 15 | The Act As if Principle | |
| Aug 22 | With Winning In Mind | |
| Aug 29 | 12 Rules For Life | |
| Sep 5 | This Book Will Make You Dangerous | |
| Sep 12 | The Power of Your Supermind | |
| Sep 19 | The Six Pillars of Self-Esteem | |
| Sep 26 | Self-Image 101 - Revisited | |
| Q4 2022 - Mental Performance & Psychology | | |
| Oct 3 | Peak Performance 101 | |
| Oct 10 | It Takes What It Takes | |
| Oct 17 | Peak | |
| Oct 24 | Legacy | |
| Oct 31 | The 10 Pillars of Mental Performance Mastery | |
| Nov 7 | One Percent Better | |
| Nov 14 | How Champions Think | |
| Nov 21 | Relentless | |
| Nov 28 | No Limits | |
| Dec 05 | Extreme Ownership | |
| Dec 12 | The Inner Game of Tennis | |
| Dec 19 | The Rise of Superman | |
| Dec 26 | The Talent Code | |
| Q1 2023 - Mental Performance & Psychology | | |
| Jan 2 | Discipline = Freedom | |
| Jan 9 | Unbeatable Mind | |
| Jan 16 | David & Goliath | |
| Jan 23 | Can't Hurt Me | |
| Jan 30 | Sea Stories | |
| Feb 6 | Make Your Bed | |
| Feb 13 | Be Unstoppable | |
| Feb 20 | Staring Down The Wolf | |
| Feb 27 | The Way of The SEAL | |

THE HEROIC APP - CLICK HERE TO JOIN

| Monday | Book of The Week | THE BIG IDEAS |
|--|--|-------------------|
| Mar 6 | The Champions Mind | |
| Mar 13 | The Art of Mental Training | |
| Mar 20 | Raise Your Game | |
| Mar 27 | Elite Minds | |
| Q2 2023 - Mental Performance & Psychology | | |
| Apr 3 | Mind Gym | |
| Apr 10 | The Psychology of Winning | |
| Apr 17 | Coaching The Mental Game | |
| Apr 24 | The Hoops Whisperer | |
| May 1 | Toughness Training For Life | |
| May 8 | 10 Minute Toughness | |
| May 15 | The Ultra Mindset | |
| May 22 | Chasing Excellence | |
| May 29 | Peak Performance | |
| Jun 5 | The Common Demoninator of Success | |
| Jun 12 | Never Finished | |
| Jun 19 | Leaders: Myth and Reality | |
| Jun 26 | The High 5 Habit | |
| Jul 3 | The Practice | |
| Jul 10 | The Last Lecture | |
| Jul 17 | The Turnaround | |
| Jul 24 | Life To The Fullest | |
| Jul 31 | Victory Favors The Fearless | |
| Aug 7 | Relentless Optimisim | |
| Aug 14 | Old School Grit | |
| Aug 21 | Think Like A Warrior | |
| Aug 28 | How to Awaken Your True Potential | |
| Sep 4 | The Comfort Crisis | |
| Sep 11 | To Be Victorious In Life | |
| Sep 18 | Living Fearlessly | |
| Sep 25 | Put Your Ass Where Your Heart Wants To Be | |
| Oct 2 | Hero On A Mission | |
| Oct 9 | How to Be A Success | |
| Oct 16 | The Law of Success | |
| Oct 23 | 10 Rules for Resilience | |
| Oct 30 | The Wim Hof Method | |
| Nov 6 | Discipline Is Destiny | |
| Nov 13 | Living Untethered | |
| Nov 20 | Courage Is Calling | |
| Nov 27 | The Hero Code | |
| Dec 4 | Brain Energy | |
| Dec 11 | The Awakened Brain | |
| Dec 18 | Prosperity, Plenitude & Infinite Possibilities | |
| Dec 25 | Greatest Year Ever 101 | No book on Heroic |
| Jan 1 | Greatest Year Ever 101 - Part II Practice | No book on Heroic |
| Jan 8 | | |
| Jan 15 | | |
| Jan 22 | | |
| Jan 29 | | |
| Feb 5 | | |
| Feb 12 | | |
| Feb 19 | | |
| Feb 26 | | |
| Mar 4 | | |
| Mar 11 | | |
| Mar 18 | | |
| Mar 25 | | |
| Apr 1 | | |
| Apr 8 | | |
| Apr 15 | | |
| Apr 22 | | |
| Apr 29 | | |
| May 6 | | |
| May 13 | | |
| May 20 | | |
| May 27 | | |

[THE HEROIC APP - CLICK HERE TO JOIN](#)

| Monday | Book of The Week | THE BIG IDEAS |
|--------|------------------|---------------|
| Jun 3 | | |
| Jun 10 | | |
| Jun 17 | | |
| Jun 24 | | |

