

WILDERN
Lights

-2024-

“

—
"Believe in yourself and
all that you are. Know
that there is something
inside you that is greater
than any obstacle."

—
- *Christian D. Larson*

—”

Welcome

I am so glad you
are here!



Thank You for joining Wildern Lights Life Group!

I wanted to take a moment to express my heartfelt gratitude to you for your decision to participate in an experience that will transform the rest of your life. Your commitment to personal growth and your openness to sharing your experiences will truly make a significant impact on you and the entire group.

Our journey together will be one filled with introspection, support, and encouragement. I would like to assure you that the authenticity and vulnerability you bring to our discussions will be protected. It is my goal to create a safe and nurturing space for everyone to explore and evolve. Your willingness to share your triumphs, challenges, and insights cannot only enrich your life but will contribute to the growth and development of each member of the group. The strength of our collective spirit is a testament to the power of collaboration and the positive influence we can have on one another.

As we continue on this journey of self-discovery and personal transformation, I want to acknowledge the uniqueness and value that each one of you will bring to our group dynamic.

I am grateful for the opportunity to be a part of this journey with you.

Thank you in advance for your dedication, authenticity, and the openness you will potentially bring to every session. Let us continue to support and uplift each other as we navigate the path toward a more fulfilling and purposeful life.

I wish you continued success and growth on your journey.

With heartfelt thanks,



*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it”
-Rumi*

Life Group

What is a Life Group?

"I will teach you how to THRIVE in life, by showing you how to access your inner power to be your own best coach"

We were never meant to do this life alone!

A life group is a small community of people who come together regularly to support each other, share their experiences, and grow together with one major thing in common...

They Want More For Their Life!

I believe we all have an inner calling to live a meaningful, and fulfilling life, with more positive and authentic relationships.

Ever feel like you were made for so much more than just going through the motions of life? That is because **YOU ARE!**

Now is the time to start living out your true purpose and calling.

There is never a better time than NOW to stop settling for an autopilot, mediocre life and start **Truly Living!**

When you feel bored, stuck, or alone, that is a signal from your soul that it is time for **Growth!**

It is time to Unlock Your Unlimited Potential!

Step out of your comfort zone, because let's be honest, your comfort zone is not all that comfortable anyway!

Learn about your core strengths, unique gifts, your missions, and your **True Authentic Self!**

Best part...*You don't have to do it alone!*

Life Group

What To Expect In a Life Group...



Weekly Meetings

- Connect with real Humans!
- Weekly Support from your Mentor and Life Group members.
- Group deep-dive discussions about life.
- Powerful education on how to live your best life and reach your unlimited potential.
- Safe Space



Secret Mentors

- Secret mentors for seasonal support and encouragement.
- Learn the powerful reasons why this is so important.
- Secret Mentor Reveal Party!



Group Outings

- Who doesn't love a night out?
- Providing a sense of belonging and community.



Workshops

- Challenge yourself!
- Workshops put the learned concepts into your physiology for maximum impact.
- Life-long momentum for continual transformation.



Self Work

- You get out, what you put in!
- Only those who are ready to make changes in their life will see results.
- Everyone will receive a Workbook Journal to encourage inner work and growth.
- Uniquely designed to last you well beyond the season, with guidance for years to come.



Season End Ceremony

- Powerful Freedom Ceremony
- Let go of what no longer serves you
- Step into your Unlimited Power

Life Group

Core Values

Integrity

Empathy + Compassion

Growth Mindset

Boundless Explorations of What It Means To Be Truly HUMAN!

Life Group Culture

Safe Space

Unconditional Acceptance

Respect

Love

"Your beliefs become your thoughts, your thoughts become your words,
your words become your actions, your actions become your habits,
your habits become your values, your values become your destiny."

- Mahatma Gandhi

Life Group

6 Pillars of Wildern Lights

Mindfulness

Gratitude

Creators Mindset

Engagement + Flow

Meaningful Relationships

Meaning + Purpose

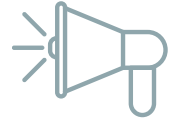
Grit

"The two most important days in your life are the day you are born
and the day you find out why."

- Mark Twain

Why Journaling?

One of the best conversations you can ever have is the one you have with yourself, and journaling is one of the best ways you can do that. All the answers you need to live your best life possible exist within you! Ever give really good advice, but always for someone else? It's time to start treating yourself like someone you love!



“Success leaves clues...

People who succeed at the highest level are doing something differently than everyone else does”

-Tony Robbins

Some of the greatest minds in history often kept journals as a means of documenting their thoughts, observations, and creative expressions. These journals not only served as personal records but also contributed to the advancement of knowledge and inspired generations to come.

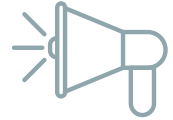
Having true **success** in life is the natural byproduct of a personal development plan.

The more **Inner work** you do, the more outward success **you will achieve!**

How To Use This Journal

Using this Self-Guided Journal:

Although this journal is designed for self-guided use, it is best utilized when paired with enrollment in a Life Group. Take advantage of the unique journey that this journal offers from cover to cover if you are unsure where to begin. If you feel a specific pull or direction, feel free to explore different sections as needed.



Please Note Key Sections

These sections may be emotionally triggering for some individuals and it is advisable to seek professional support if necessary.

Trigger Alert

Reflecting on certain topics can be intense, and it's essential to create a safe and supportive environment for self-exploration. Remember, if you find that yourself overwhelming or if you need additional support, it's crucial to reach out to mental health professionals who can provide assistance tailored to your specific needs. Taking care of your emotional well-being is a priority, and seeking help is a sign of strength and self-care.

Additional Journal Prompt Section for Your Use...

Journal Prompt



In your journal, reflect and answer these questions...

"The only impossible journey is the
one you never begin."
- Tony Robbins

Commitment

This year I am committed to my success!

#1

I will Believe in myself!

I will trust my abilities to accomplish all that I put my mind to, asking for help when needed.

#2

I will take massive action in the weeks to come!

My pursuit will be clear and I will pursue them without Excuse.

I will practice Discipline

I will push through the discomfort

#3

I will adopt a growth mindset

I will continue to learn and grow daily

#4

I will stay committed to my core values + acknowledge my principles

#5

I will maintain a work, life, play, balance while striving for work-life integration

#7

Although the plan may change, I will never give up on myself.

Every disappointment and downfall will be seen as a learning opportunity for growth.

Signature _____

Date: _____

Journal Prompt



Preparing for the Journey Ahead: A Letter to Your Future Self

Take a moment to reflect before starting your journey. Write a letter to your future self, outlining the path you're about to take and the experiences you hope to encounter. This will serve as a reminder of your goals, and keep you motivated along the way.

“

"You do not just
wake up and
become the
butterfly.
Growth is a
process."

-Rupi Kaur

”

Make Each Day Count

28,835 days

The average life span of a human being (79 years old)

How many days potentially have left?

_____ X's _____ = _____
Your Current Age 365 Days Y

_____ - _____ = _____
28,835 Days Y Day left until you reach 79
(Average Life Span)

How much money would you have, if you had a dollar a day for the rest of your life?

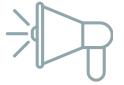
Journal Prompt



How do you feel about this number? How does this make you want to live out the rest of your days? Do you feel compelled to make each day count?

Start With WHY

Your WHY should be authentically and foundationally grounded in your deepest needs and desires, as a result, the work you do will extend beyond yourself. I would place caution in making it about anyone else on a foundational level. **Every time you answer the question, follow it up with the question "WHY" until your true "WHY" is revealed.**



Why are you doing this work?

Why?

Why?

Why?

Why?

Why?

Why?

Write down your true "WHY"

Character Strengths



Take The Assessment Here!

Try to be as honest with yourself as possible. Use the next page as a guide.

What are your Top 5 Character Strengths

- 1.
- 2.
- 3.
- 4.
- 5.

What are your Core Virtues?

Journal Prompt



- How do your Character Strengths show up in your work life, relationships, play, and self-care?
- What would your life **LOOK** like if you had the opportunity to use your character strengths every day in all areas of your life?
- What would your life **FEEL** like if you had the opportunity to use your character strengths every day, in all areas of your life?

24 Character Strengths

Core
Virtue

Wisdom

- Creativity
- Curiosity
- Open-mindedness
- Love of learning
- Perspective

Core
Virtue

Courage

- Honesty
- Bravery
- Persistence
- Zest

Core
Virtue

Humanity

- Kindness
- Love
- Social Intelligence

Core
Virtue

Justice

- Fairness
- Leadership
- Teamwork

Core
Virtue

Temperance

- Forgiveness
- Modesty
- Prudence
- Self-Regulation/Self-Disciplined

Core
Virtue

Transcendence

- Appreciation of Beauty
- Gratitude
- Hope
- Humor
- Spirituality

Core Values + Principles

Core Values: Deeply held beliefs that reflect what is considered important, meaningful, and desirable. Core values reflect your moral and ethical framework.

Principles: Provides the disciplinary framework so that you can stay true to your values.

Example

Core Value: I value family time, but I work so much that I often miss out on quality time.

Principle: Schedule quality time with my family, off limits to work.

Core Values
(Beliefs)

Principles
(Actions)



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"A great relationship doesn't happen because of the love you had in the beginning, but how well you continue building love until the end."

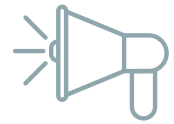
- *Anonymous*

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Alignment

Alignment for change

Aligning yourself with change requires a conscious commitment to self-awareness and adaptability. It involves acknowledging current circumstances, understanding personal values, and being open to new perspectives. To embark on a journey of transformation, you must realign thoughts, actions, and beliefs with the desired change, fostering a harmonious integration of intention and effort. It is through this intentional alignment that the path to meaningful and sustainable change is illuminated, empowering you to navigate challenges, embrace growth, and manifest positive transformation



Things To Keep In Mind...

Shut out the noise of other people's opinions	There will be an attack on your journey	It may feel like learning a new language	You will feel like an imposter or a hypocrite at times, this is normal
Set your intentions and go all in!	Stay in community of like minded people	You may need accountability	Get real and honest about where you are currently at in life
You can't separate the mind, body, or soul, all must be healthy	knowledge applied is power and freedom	Call out your own BS	Get out of your comfort zone
Practice in your comfort zone	Get clear on your boundaries	Change your environment	Progress keeps you inspired to keep going!

Morning Ritual

Morning Ritual Ideas...

Wake up early enough to start the day on your terms.

Find your magic sleep number and set a consistent wake-up time.

Hydration

Drink a glass of water to rehydrate and energize your body after a night's sleep.

Meditation

Meditation is a good way to center yourself before the start of your day.

Exercise | Move your body

Incorporate some form of physical activity, whether a quick workout, stretching, dancing, or a short walk. This can boost energy and improve mood for the day.

Healthy Breakfast

If breakfast is your thing, a nutritious breakfast will help to provide the nutrients needed.

Daily Gratitude

Reflect on and write down a few things you are grateful for. Scientifically proven to boost mood.

Reading, Listening to Audio Books, or Podcast

Engaging or learning something new every day can motivate and inspire you!

Affirmations or Incantations

Use positive affirmations or Incantations to reinforce your ideal mindset and boost self-esteem.

Look Great, Feel Great!

Take the time to care for yourself. You are allowed to permit yourself to look good and feel good for no reason other than that! This helps to boost confidence levels.

Set Your Intentions

Don't let life happen to you! Clarify your goals or intentions for the day. Prioritize and focus on what matters most.

Authentically connect with loved ones

Instead of going through the motions of the morning, and rushing out of the house, take a moment and connect with your loved ones.

Spend Time in Nature

Fresh air and natural light can be energizing and invigorating, a great way to boost your mood for the day.

Visualization

Visualizing your goals can help keep them at the forefront of your mind, increasing the likelihood of achieving them.

“It's not just about starting the day; it's about awakening to the limitless possibilities that each new morning brings, turning the first light into a canvas on which you paint the masterpiece of your day.”
-Unknown

Nightly Ritual

Nightly Ritual Ideas...

Make Bedtime a Priority

Establish a regular bedtime to regulate your sleep patterns, and be able to wake up on your own terms.

Screen-Free Time

Reduce exposure to blue light two hours before bedtime. Blue light has a high interfere with the production of sleep-inducing hormones.

Dim the Lights

Create a calming atmosphere. This also triggers your circadian rhythm.

Relaxing Bath or Shower

A warm bath or shower can help relax your muscles and signal to your body that it's time to unwind.

Reading

Spend some time reading a physical book, not on a screen. Perhaps a topic that will bring peace to your sleep.

Meditation

Quiet your mind, reduce stress, and enhance your sleep.

Journaling or Brian Dump

Write down thoughts or reflections from the day, or jot down things that are weighing on your mind, including tasks that need to be done. This can help clear your mind so that you can sleep peacefully.

Prepare for the Next Day

Take care of what you can to prepare for the morning. Lay out clothes, make a to-do list, etc.

Aromatherapy

Use calming scents, such as lavender, in the form of essential oils or a scented candle to create a soothing environment.

Stretching or Yoga

Release tension from your body for a more peaceful sleep.

Avoid Caffeine and Heavy Meals

Caffeine and heavy meals close to bedtime have a highly negative impact on your sleep. An empty stomach promotes physical healing while you sleep.

Create a "Sleep Environment"

How conducive is your room to sleep? How does the room look? How do your bed and pillows feel? What is the sound environment? Are there projects waiting around for you in your room?

Gratitude Practice

Take a moment to reflect on the positive aspects of your life.

“Blue light exposure, particularly from electronic devices, can suppress the production of melatonin, a hormone crucial for regulating sleep-wake cycles.”

Morning | Night Ritual

What does your Morning Routine look like?

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The Major Difference Between a Routine and a Ritual....

Meaningful Intension

What are some things you can add to your morning RITUAL to encourage growth and healing...

We
all
have
the
same
24
hours
in
the
day!

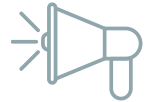
What are some things you can add to your nightly RITUAL to improve quality sleep and rest...

How
are
you
spending
your
time?

One Page Daily Journal

Creating an Effective One-Page Daily Journal

Take your daily journal to the next level with these three simple steps:



1. Start with gratitude
2. Summarize the biggest takeaway or devotional from your day
3. Identify the one thing you can do this week that will enhance your life.

Let's Practice...

1. What is one thing you are grateful for?

2. Summarize the biggest takeaway or devotional from your day

3. Identify the one thing you can do this week that will enhance your life.

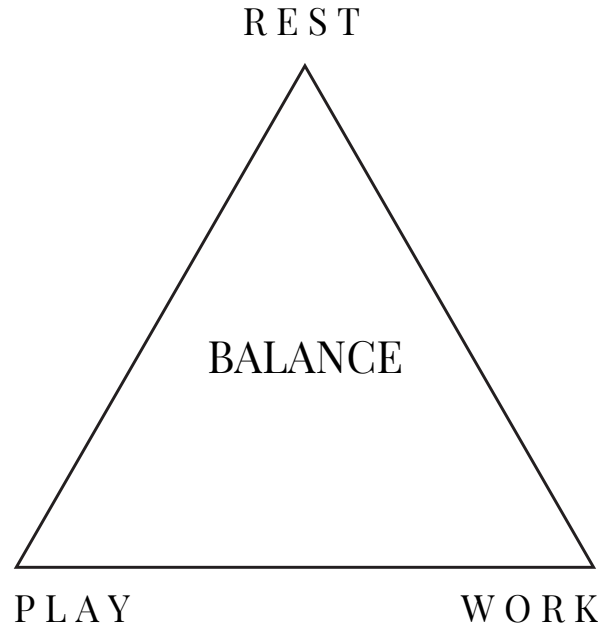
"Within the pages of your journal lies the power to transform your thoughts into clarity, your dreams into plans, and your moments into everlasting memories. Embrace the pen, for it holds the key to unlocking the extraordinary story of your own journey."

-Unknown



Balance

Alignment



All three need to be in balance

Top 3 Work Goals

- 1.
- 2.
- 3.

Top 3 Play Goals

- 1.
- 2.
- 3.

Top 3 Rest Goals

- 1.
- 2.
- 3.

FOOD FOR THOUGHT:
Consider this: What if, instead of striving for a work/life balance, we pursued work/life integration? How would our lives be different?

Boundaries

Boundaries

What do I need to start saying **NO** to?

WHAT

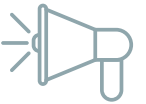
WHO



Journal Prompts

Reflect and Write Freely In Your Journal

If you're ever given a prompt, the best way to respond is by simply jotting down whatever comes to mind. With the help of your journal, reflect on the prompt and allow your thoughts to flow freely. When it comes to our relationships and interactions with others, it's important to understand how our emotions can affect them. Take some time to consider the following:



- How do my emotions influence my relationships and interactions with others?
- Are there any emotions that I have struggled to fully process in the past? If so, how might they be affecting my life today?
- Do I tend to judge or criticize myself for having certain emotions? What steps can I take to be more compassionate and understanding towards myself?
- What emotions do I feel comfortable expressing and why?
- What emotions do I feel uncomfortable expressing and why?
- Finally, consider ways in which you can practice mindfulness and self-compassion when it comes to your emotions. What healthy outlets can you utilize to express and process your emotions?

Journaling
is an act of self-care,
self-love, and self-discovery.

Journal Prompts

Introspective Journal Prompts...

- What brings you Joy?
- What would I be doing if I lived a life following my curiosity?
- If you went against the status quo, what would you be doing?
- When do you feel your most authentic yourself?
- When do you not feel like your most authentic self?

Journaling For Personal Growth

- What can I let go of that's not serving my growth and healing?
- Who has the most influence over how you live your life? Is this a good thing?
- How does your body react to emotional feelings? Write about them. Why do you think it happens?

Journaling Through The Broken Heart

- Reflect on who you are outside of the relationship. What are your individual goals, passions, and interests? How can you rediscover or strengthen your sense of self?
- Despite the pain, try to identify things you are grateful for or lessons you've learned from the relationship. This can be a powerful way to shift your perspective.

Journaling Into Your Future...

- How can you get paid to do what you love?
- What will your life look like 5/10/20 years from now?
- Can you do your 5-year plan in 5 months?
- What is one thing you can start doing or stop doing today that would have the greatest impact on your life?

Journaling to Your Inner Child...

- Write a letter to your 5-year-old self
- Write a letter to your 10-year-old self
- Write a letter to your 16-year-old self
- Write a letter to your 20-year-old self

Journal Prompts

Journaling Into Love

- What does love mean to you?
- What does unconditional love and support look like to you?
- Who are some of the people who taught you about unconditional love and support when you were at your lowest point?
- What is one gift this season of healing has given you?
- Reflect on how love has contributed to your personal growth. In what ways have your experiences with love shaped who you are today?

Journaling Into Relationships

- Do you allow yourself to be vulnerable in romantic relationships? Why or why not?
- Throughout your life, what patterns have you seen in your relationships? What would happen if you broke this pattern?
- What do you value most in a romantic relationship?
- Did you have a relationship you had to end for any reason? Why? Do you believe it was the right choice for you?

Reflecting Into The Past...

- What advice would you give your younger self?
- What did you need most growing up?
- Who hurt you?
- Who are you still mad at?
- Who do you still need to forgive?
- What did you love doing most when you were a kid (10-15 years young)?
- What three things are you most proud of?

Journaling Into Purpose...

- What are you holding onto that's holding you back?
- Which dreams of yours feel impossible to achieve? Which dreams feel possible?
- If you could live anywhere in the world where would it be?
- When you think about your future, what are you most excited about?
- What makes you come alive?

Journaling For Self-Love

- How can I treat myself like someone I love?

Closing Words



Thank You!

I hope you have enjoyed this workbook as much as I have enjoyed sharing this knowledge with you. My goal is to help you overcome any obstacles that may have hindered your progress. My wish for you is that this content will inspire you to achieve greatness, even on the toughest days.

Remember, the hard work you put into yourself is never in vain. Failure is simply one of our greatest teachers, and growth is always a byproduct of it.

I am excited to see where your journey leads you and I look forward to hearing about your future successes. As Bruce Springsteen once said, "When it comes to luck, you make your own." So keep pushing forward and I'll see you out there on the mission field!



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