

# Plan **B** Playlist



TERESA LINDSAY

“We never know what will inspire us, only that if we seek it we will most certainly find it.”

~T.L.

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*Your Mind is boss!*

Mastering your mind requires that you intentionally re-program it to a positive station and repeat!

Check out some of Teresa's favourite episodes to hack your mind and strengthen it's reset muscle. Listen to these to stop the chatter and love yourself. Try them out and then create a positive selection that works for you!

## Mind Over Matter

Mel Robbins on Impact Theory with Tom Bilyeu  
**"Motivation is Garbage"**

<https://www.youtube.com/watch?v=LCHPSo79rB4>

Lori Harder on Impact Theory with Tom Bilyeu  
**"How to Go from Rock Bottom to the Top"**

<https://www.youtube.com/watch?v=1dg0IZcVj3A>

Oprah Winfrey on MulliganBrothers Daily Motivation  
**"Greatest Talks" Value keeping a Journal**

<https://www.youtube.com/watch?v=LkSgXuQrYwY>

Luvvi Ajayi - TedEx Talk, **Get Comfortable with being uncomfortable - Speak your truth!**

<https://www.youtube.com/watch?v=QijH4UAqGD8>

Melissa Peers at Mindvalley Talks  
**The Biggest Disease Affecting Humanity: "I'm Not Enough"**

<https://www.youtube.com/watch?v=lw3NyUMLh7Y&t=833s>

**Build a life, not a Resume** - Jay Shetty  
<https://www.youtube.com/watch?v=fQNFMxYxFSQ>

## Body and Mind

Dr. Bruce Lipton Explains:

**How we are programmed at birth**

Value of Repetition for Subconscious

<https://www.youtube.com/watch?v=7TivZYFIbX8>

**Boho Beautiful** - Relaxing meditations, yoga and healthy food videos (explore this channel)

<https://www.youtube.com/user/cexercise>

**Yoga w/ Adrienne** to get you started - even after a heartbreak

[https://www.youtube.com/results?search\\_query=yoga+with+adriene](https://www.youtube.com/results?search_query=yoga+with+adriene)

**The brain-changing benefits of exercise**

Wendy Suzuki

<https://www.youtube.com/watch?v=BHY0FxoKZE>

Joe Dispenza - **Unlock Your Minds Potential** with Tom Bilyeu

<https://www.youtube.com/watch?v=La9oLLoI5Rc>

Wayne Dyer - **Before you fall asleep**

[https://www.youtube.com/watch?v=Kvs-\\_22lwjA](https://www.youtube.com/watch?v=Kvs-_22lwjA)

**Morning Motivation Montage:** by Be Inspired

<https://www.youtube.com/watch?v=vPMQdVdR0gw>