

Jesse

Micro Dose: Everything is OK

<https://open.spotify.com/episode/67sAEtovlo5jlkydEHdGVK?si=Ftiz8l9uQfSJmP12lihvmg>

Micro Dose: Active Appreciation

<https://open.spotify.com/episode/72tA5o3mNj6QO9zt9JR8Hc?si=jTZETTP2QI2uzRpObAChYg>

Micro Dose: Stillness in Chaos

https://open.spotify.com/episode/2HGxo6bVI0XclB0bjkicrU?si=TErhLp8wTziBtgUqJ1_tlg

Micro Dose: Cultivating Confidence

<https://open.spotify.com/episode/2gQaqpb49kWaVGONoJeG0P?si=kvvb5kjuToaoFJrbSVMISQ>

Micro Dose: You get what you tolerate

<https://open.spotify.com/episode/799Mjr3poWTiQv61flb8oF?si=BSgZ5ymaRHadjDz9ew1Hig>

Micro Dose: Finding your tribe

<https://open.spotify.com/episode/4AUj5cBCIfjPLoqKX3gznY?si=pLMq80DDQxWx6hIxIQRpPQ>

Ep 19: How to design your ideal day

<https://open.spotify.com/episode/3cPMaPeK3Yny85FjaA1ZqP?si=ZrvlqLTPT8q5imwzITyy9A>

Micro Dose: Let love in

<https://open.spotify.com/episode/5GnkDgHXQbbEkflrUzvjFD?si=ZPYPeqDYTW5Tceyq-LLAg>

Tim Ferriss

#373: Jerry Colonna

https://open.spotify.com/episode/0rSG9ysPbrSu5iBfCYaRFQ?si=tq1E_1o-S6OwemceU39Gew

#371 Ramit Sethi

<https://open.spotify.com/episode/69E2sumkc93QTbmVh03uTt?si=9jkAUS7DRla-UyFsaGWdhA>

#370.5 Derek Sivers

<https://open.spotify.com/episode/44Uu96SHB4wX5dmqtzGWdF?si=eOnrf5dGTAYe70Cx5TVjAA>

#328 How to say no gracefully and uncommit

<https://open.spotify.com/episode/4Qigo02WcJpaROpk3qxhKw?si=AIBqri24T4KDOIrhaVJISA>

#325 Lessons

<https://open.spotify.com/episode/1qPBSvEH66zFDxREMZwxDf?si=LCD5-ZjlQ42YM4G904QWjg>

Chasing Excellence

#003 Evaluating Opportunities

<https://open.spotify.com/episode/1O7mAEGXJsmAW3JA1uuJBM?si=volFuMp-Rmqvu5rWhAS Cig>

#007 Becoming a Leader

https://open.spotify.com/episode/2JklojKr7XHiKwtOQi8KNN?si=b_Qj_wxAToKjxBjePC2R3A

#009 Living based on core values

<https://open.spotify.com/episode/2RQyY0Lm9xGourWwoRjJ4d?si=-45RAi-IRKyUfumRjiGVtQ>

#018 How to put character first

<https://open.spotify.com/episode/7MAx9ucUeSYo7EJ9AXn6Dv?si=pCRh7X5LQVWGbyJvfUFV QA>

#021 WHOOPIE

<https://open.spotify.com/episode/5HQcHldeB9PCTzy3mLBjne?si=mDM7CHoCStO0N06ztJmR Gw>

#037 Benefits of negative visualization

<https://open.spotify.com/episode/2TMTBHp2KrTPTfwxzmW4zl?si=IR90VlhARTOPKawaqpkQ3 w>

#063 10 Principles of connection

<https://open.spotify.com/episode/1LAQ4B4YDeM7eeyC3igZuU?si=xW8IYEnUQkqu2am0G8KS Bg>

#071 Theoretical Development of a business

https://open.spotify.com/episode/4Bx6DCNzKEIaucgQIRJihE?si=7kj-n2_LS6C1Wy8SFLpO7g

#080 Building a better brand

<https://open.spotify.com/episode/34hllp8mXUpvEO9RNK1j93?si=Fe9fFJONSZCanl8ckpsj3w>

Active Life Podcast

157 - Mark England - Goals

https://open.spotify.com/episode/5PggEbsqRG9uqeoscg5e96?si=F9RYy6qbTvGa_FcUQjQkTw

154 - Mike Cazayoux - How to take massive action

<https://open.spotify.com/episode/6TIDxrfZlxPfrizD6TzodE?si=A8KgATkQTdOcY3vTnAJmMQ>

138 - Mark England - Improve your words

<https://open.spotify.com/episode/4t5KaKSS2TJ1c0glvSy5Vm?si=paiE67yhRwmSynbS6jMqlQ>

120- Dr Sean - Living with purpose

<https://open.spotify.com/episode/0tmG4cXho5AehYX4QzZRLI?si=Ch9sTrc0SfOCf0baJdZGcA>

109 - Business talk - Be wanted, not needed

<https://open.spotify.com/episode/6M6UQAtChNLYnYTOZx5PKA?si=jSkdbnSvRFGJNpfPkjr-rA>

104 - Business talk - You need to know what problem you solve

<https://open.spotify.com/episode/30oYiKAlfmjJwyYrPI1UDv?si=tohVi5ZNRW-Zrkwc9uDtiA>

Brute Strength

#216 How to improve your relationships

https://www.brutestrengthtraining.com/podcast_post/six-more-ways-to-improve-your-relationship/

#181 Mark England

https://www.brutestrengthtraining.com/podcast_post/the-simplest-most-effective-life-hack-youre-not-using-ft-mark-england/

The WAG Podcast

Co-Commitment vs. Codependency

<https://open.spotify.com/episode/0tHu6Qr06yoVXSfHurkE3I?si=e4t9BAdQTbmSatEOKmOnxQ>

How to build your tribe

<https://open.spotify.com/episode/1g8jA110BEPrvqX1bGeGg?si=CV7YTOwhQ8SXd1rTIt4CUA>

A formal relationship check in

<https://open.spotify.com/episode/4xzlaPnDOCO2RzBzuEIUvB?si=2w11MGQ9QuOUKS4KnHvAhQ>

Creating a system of vulnerability in relationships

<https://open.spotify.com/episode/38DxVOjeBij3cmbXgKNbNu?si=U5gZoO3LSRWifEog-XInCQ>

Feel your feelings - regulating negative emotions

https://open.spotify.com/episode/2SpxYe8HGiePQBQZmryUIL?si=xRsyV_I_Qoq1LqZhBBS6dQ

Be the hero - improving relationships

https://open.spotify.com/episode/0ABO4GedLwY1EqORcnPpgD?si=Q10pKcYPQW-1Kx7TxL_C9w