

## Recommended Reading List

Great leaders are learners. One book a month is a reasonable goal. Pick one book from the lesson that appeals to you and read it during the month of the lesson. If you are a reader, go for more!

### **Lesson 1: Goal Setting and Behavior Change**

*Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person*; Shonda Rhimes

*Take Time for Your Life*; Cheryl Richardson

*Monday Morning Choices*; David Cottrell

*Becoming a Resonant Leader: Develop Your Emotional Intelligence, Renew Your Relationships, Sustain Your Effectiveness*; Annie McKee, Richard Boyatzis, Frances Johnston