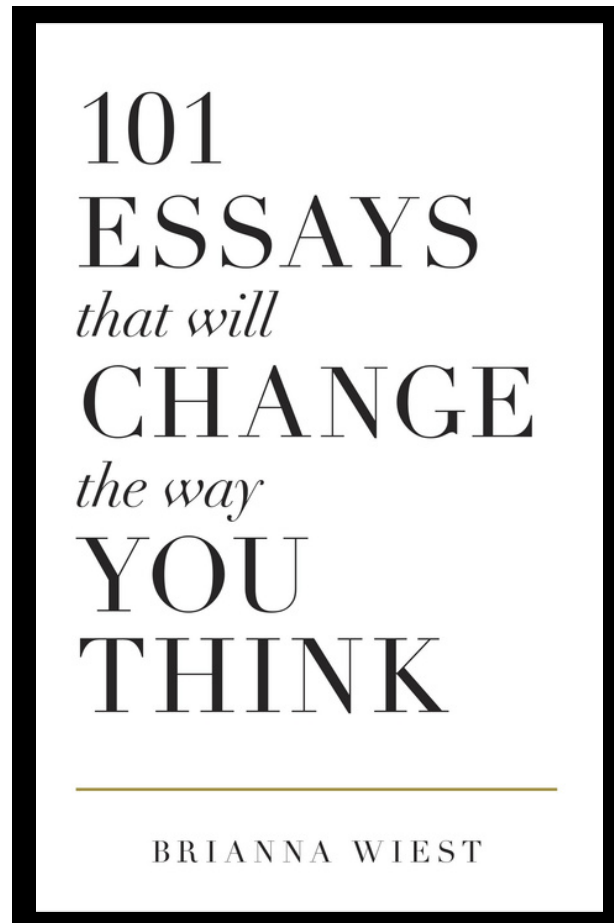


A shelf help. Workbook



A COMPANION GUIDE TO

101 ESSAYS THAT WILL
CHANGE THE WAY YOU THINK

by Brianna Wiest



CONTENTS

- INTRODUCTION - 3
- INTENTION + ACCOUNTABILITY - 4
- READING + EVENTS SCHEDULE - 6
- ESSAYS 1 - 101 - 9-59
- EXTRA NOTE SPACE - 60
- REFLECTION + NEXT STEPS - 67



INTRODUCTION

Hello! And welcome to the Shelf Help x 101 Essays workbook.

This downloadable PDF guide has been created exclusively for our Clubhouse members and is all-original content designed to complement Brianna Wiest's poetic and philosophical compilation.

And its power is in its simplicity.

The purpose of the Clubhouse is to help you turn insight into action, and with a book this PACKED with ideas and 'aha' moments I wanted to create a super simple journaling space that will help prompt you to do just that.

For each essay you have space to jot down any insights and then a second space to journal on how you could turn that insight into action. And - so long as you've been nice and specific - by the time you've finished the book and the workbook you'll have a life-changing collection of actions that really will have the power to change the way you think and the way you live. (NB I don't expect that you'll have an insight from all 101 essays - the idea is to spend time reflecting on the ones that really speak to you).

I suggest printing this workbook out at the beginning of the readalong, signing the accountability pledge asap, and then scribbling some notes after any particularly insightful chapter/essay.

Thank you for being here.

Enjoy the process and I'll see you on screen soon.

Toni x

INTENTION + ACCOUNTABILITY

Before you dive into the book and this workbook we'd like to invite you to take a few moments to consider what you'd like to take away from this process, and this particular book, as well as making a simple accountability promise and plan.

First, grab a pen and some paper/journal and ask yourself:

- What are my first thoughts about reading a book of short essays and listicles?
- Is this a book I would have chosen to read if not part of the shelf help. readalong?
- Does the way I think right now serve me?
- Is this a book I would be happy to tell friends/family I am reading? Why/why not?
- Do I feel any resistance to reading this book?
- What change in my life might I like to see/feel at the end of reading this book?
- What are the benefits of reading this particular book as part of a community?

Next, it's time to make an accountability promise:

An accountability promise is a simple but powerful way to make sure that 'future you' stays committed to creating the life you really want, even when real life gets in the way (as well as keeping up with the Reading Schedule).

On the next page is a short pledge to yourself that we recommend printing out, filling in and displaying somewhere you'll see it every day while reading this book.

(And for extra motivation we'll be allocating all interested members an Accountability Buddy at the first Live meetup on July 11th, so be sure to Zoom in)

INTENTION + ACCOUNTABILITY (cont)

MY PLEDGE

I understand that self-help books only work if I do too, and so I hereby pledge to show up for myself and the shelf help. community for the duration of the 101 ESSAYS THAT WILL CHANGE THE WAY YOU THINK readalong by investing the time and energy needed to complete the book and the workbook as well as making the effort to attend the Live meetups whenever possible.

I will allocate as my shelf help. learning day/time and I will keep myself accountable by doing the following:

.....
.....

Signed by:

On (date):

READING + EVENTS SCHEDULE

JULY	04	Get a copy of the BOTM Author Event: How to Be More Human with Natural Lifestyle Coach (@thenaturallifestylist), Tony Riddle
JULY	11	Reading Target: end Essay 15 Doors close to Clubhouse membership Book Club Intro (Meetup #1)
JULY	18	Reading Target: end Essay 30 Watch Party: TED Talks with 1. Yuval Noah Harari (The Rise of Humans) and 2. Dan Gilbert (The Surprising Science of Happiness)
JULY	25	Reading Target: end Essay 45 July Book Club (Meetup #2)
AUG	02	Reading Target: end Essay 60 Well-being Event: Mindful Moments Summer Session with James Ingham (Tuesday event following bank holiday)
AUG	08	Reading Target: end Essay 75 Watch Party: Soul (Disney/Pixar)
AUG	15	Reading Target: end Essay 90 Instagram Live Interview // Reading Week
AUG	22	Reading Target: to The End August Book Club (Meetup #3)
AUG	29	Bank Holiday Break // Extra reading time

101

ESSAYS



that will

"Everything is hard in some way.

It's hard to be in the wrong relationship.

It's hard to be in the right one.

It's hard to be broke and miserable, it's
hard to achieve your dreams.

It's hard to be stuck in the middle, not
really feeling anything at all.

Everything is hard, but you choose your
hard. You choose what's worth it.

You don't choose whether or not you'll
suffer, but you do choose what you want
to suffer for."

-

Brianna Wiest

THINK

journal space
(turn insight into action)

101 Essays That Will Change The Way You Think

Essay #1

Subconscious behaviours that are keeping you from having the life you want

INSIGHT

ACTION

Essay #2

The psychology of daily routine

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #3

10 things emotionally intelligent people do not do

INSIGHT

ACTION

Essay #4

How the people we once loved become strangers again

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #5

16 signs of a socially intelligent person

INSIGHT

ACTION

Essay #6

Uncomfortable feelings that actually indicate you're on the right path

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #7

What the feelings you most suppress are trying to tell you

INSIGHT

ACTION

Essay #8

The parts of you that aren't "I"

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #9

20 signs you are doing better than you think you are

INSIGHT

ACTION

Essay #10

Breaking your upper limit and how people hold themselves back from real happiness

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #11

The happiness of excellence

INSIGHT

ACTION

Essay #12

The knowing-doing gap: Why we avoid doing what's best for us, and how to conquer resistance for good

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #13

101 things more worth thinking about than whatever's consuming you

INSIGHT

ACTION

Essay #14

Expectations you must let go of in your 20s

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #15

Read this if you "don't know what you're doing" with your life

INSIGHT

ACTION

Essay #16

8 cognitive biases that are creating the way you experience your life

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #17

What emotionally strong people do not do

INSIGHT

ACTION

Essay #18

10 key things we misunderstand about emotion

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #19

The little things you don't realise are affecting how you feel about your body

INSIGHT

ACTION

Essay #20

Goals to set that are more about enjoying what you have than chasing what you don't

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #21

102 ways to not let irrational thoughts ruin your life

INSIGHT

ACTION

Essay #22

The inherent zen of creativity

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #23

Everything is here to help you: How intrinsically motivated people become the best versions of themselves

INSIGHT

ACTION

Essay #24

How to know when the only thing in the way of your happiness is you

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #25

The psychology of getting unstuck and the 3 stages of making habits autonomous

INSIGHT

ACTION

Essay #26

The one question to ask yourself if you're tired of fighting for someone's love

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #27

Be where your feet are: mantras that will remind you that your life is happening in this moment

INSIGHT

ACTION

Essay #28

16 questions that will show you who you are (and what you're meant to do)

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #29

How to know you've evolved more than you give yourself credit for

INSIGHT

ACTION

Essay #30

Signs the only problem with your life is the way you think about it is

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #31

Do you argue intelligently? From defensiveness to rebuttal, the 7 main ways people fight

INSIGHT

ACTION

Essay #32

Signs your mental breakdown is actually an emotional breakthrough

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #33

How to stop worrying about how your life looks and start focusing on how it feels

INSIGHT

ACTION

Essay #34

Why you shouldn't seek comfort

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #35

The 6 pillars of self-esteem: Why it is not how you feel, but what you think you're capable of

INSIGHT

ACTION

Essay #36

Why you should thank the people who have hurt you most in life

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #37

Trying to make sense of your life is what's actually holding you back

INSIGHT

ACTION

Essay #38

How to detox your mind (without having to go completely off the grid)

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #39

12 signs the only problem with your life is that you think about it more than you live it

INSIGHT

ACTION

Essay #40

Why logical people lead better lives (in a generation where 'passion' is at a premium)

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #41

Things you need to know about yourself before you'll have the life you want

INSIGHT

ACTION

Essay #42

Things emotionally healthy people know how to do

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #43

How to measure a good life

INSIGHT

ACTION

Essay #44

There is a voice that doesn't use words, this is how you listen to it

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #45

Experiences we don't have English words for yet

INSIGHT

ACTION

Essay #46

How to become your own worst enemy (without ever realising it)

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #47

If we saw souls instead of bodies

INSIGHT

ACTION

Essay #48

16 reasons why you still don't have the love you want

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #49

How to (actually) change your life this year

INSIGHT

ACTION

Essay #50

How we lose our minds to other people's gods

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #51

How you fall out of love with the idea of someone

INSIGHT

ACTION

Essay #52

Why we subconsciously love to create problems for ourselves

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #53

Why does a soul want a body?

INSIGHT

ACTION

Essay #54

The importance of stillness: Why it's imperative to make time to do nothing

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #55

Why you're struggling in your relationships, based on your attachment style

INSIGHT

ACTION

Essay #56

16 ways suppressed emotions are appearing in your life

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #57

50 people on the most liberating thought they've ever had

INSIGHT

ACTION

Essay #58

You're only in your 20s, it's not too late to completely start over

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #59

17 ideas you are keeping about your life that are only holding you back

INSIGHT

ACTION

Essay #60

How to become the kind of person who deserves the life you want

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #61

Things we expect of others (but rarely consider changing ourselves)

INSIGHT

ACTION

Essay #62

You don't have to 'love yourself' perfectly in order to be worthy of someone else's love

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #63

30 questions you need to ask yourself if you still haven't found the relationship you want

INSIGHT

ACTION

Essay #64

The most taboo thing in our culture is radical honesty, and that's exactly the problem

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #65

7 reasons why heartbreak is often crucial for human growth

INSIGHT

ACTION

Essay #66

Why we hold on tightest to the things that aren't meant for us

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #67

Things your 20s are too short for

INSIGHT

ACTION

Essay #68

The happier you are with decisions, the less you need other people to be, and 11 other things truly fulfilled people know

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #69

What people who have lost love know

INSIGHT

ACTION

Essay #70

Simplicity

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #71

18 little reminders for anyone who feels like they don't know what they're doing with their life

INSIGHT

ACTION

Essay #72

The art of awareness, or how to not completely hate yourself

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #73

10 questions to ask yourself when you don't know where you're life should go next

INSIGHT

ACTION

Essay #74

There's no such thing as letting go; There's just accepting what's already gone

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #75

You are a book of stories, not a novel

INSIGHT

ACTION

Essay #76

Everyday signs the world is experiencing a shift in consciousness

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #77

Why do we value our suffering so much?

INSIGHT

ACTION

Essay #78

What you find in solitude

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #79

How to raise a generation of kids who don't have a problem with anxiety

INSIGHT

ACTION

Essay #80

The idiot's guide to emotional intelligence; Why we need pain

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #81

Every relationship you have is with yourself

INSIGHT

ACTION

Essay #82

15 little ways to deepen you relationship with anyone

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #83

Let yourself be happier than you think you deserve

INSIGHT

ACTION

Essay #84

How to think for yourself: An 8-step guide

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #85

The very important reason why we choose to love people who cannot love us back

INSIGHT

ACTION

Essay #86

Not everybody will love you in a way you understand

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #87

How to tame your inner demons

INSIGHT

ACTION

Essay #88

Why we reject positive thinking

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #89

The philosophy of non-resistance: The difference between "going with the flow" and becoming a doormat

INSIGHT

ACTION

Essay #90

You have to be kindest to yourself when it seems least deserved

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #91

The 15 most common types of distorted thinking

INSIGHT

ACTION

Essay #92

101 things that are more important than what your body looks like

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #93

7 zen principles (and how to apply them to modern life)

INSIGHT

ACTION

Essay #94

6 signs you have a healthy social sensitivity

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #95

Now is all you have

INSIGHT

ACTION

Essay #96

The art of mindlessness

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #97

The difference between how you feel and how you think you feel

INSIGHT

ACTION

Essay #98

The power of negative thinking

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #99

What you need to do to heal your life from anxiety

INSIGHT

ACTION

Essay #100

Stop chasing happiness

INSIGHT

ACTION

101 Essays That Will Change The Way You Think

Essay #101

What you should know if you're experiencing metanoia: A change of mind, heart, self or way of life

INSIGHT

ACTION

space for extra notes

101 Essays That Will Change The Way You Think

(use this space for any extra notes)

101 Essays That Will Change The Way You Think

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101 Essays That Will Change The Way You Think

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**the end
(almost)**

REFLECTION + NEXT STEPS

Now that you've completed the book we'd love to invite you to take a few moments to consider what you've taken away from the readalong, and start actioning any changes you're inspired to make to your life (including thoughts, feelings and behaviours) as a result..

Grab a pen and paper/journal - and your original 'Intention Setting' notes (pg4) - and ask yourself:

- How am I feeling now that I have finished the book?
- What have I learned about myself and my mental health?
- What was my favourite part of this reading experience? And the most challenging?
- Revisiting the intention/s that I shared at the beginning of the workbook, did I get what I wanted and expected from this book and readalong experience? Any surprises?
- Did I stick to my accountability pledge? What were the challenges here?
- How can I use what I have learned to make a positive change to my life?
- How can I use what I have learned to make a positive change to somebody else's life?

THANK YOU!

Dear member,

Thank you so much for joining us for this exploration of how we think.

I truly hope that there have been lots of takeaways for you, and that you can use what you've learned here with us to keep improving how you create your life.

I learn as much from sharing these books with the shelf help. tribe as I do from the books themselves and so I would love to hear your feedback on this workbook or any part of the shelf help. experience - the good, the bad, the brilliant and the weird :) - so please get in touch at toni@shelfhelp.club.

And now I have just one more question for you: will you join us for the next one?

Toni x

