



# A WEEK IN *Learning*

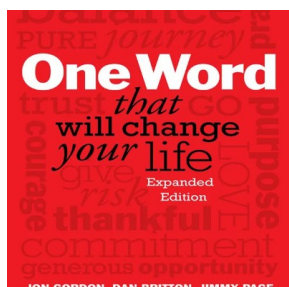
## L&D RECOMMENDATIONS

for TED Talks, podcasts, books, and more!

### ONE WORD THAT WILL CHANGE YOUR LIFE

By Jon Gordon, Dan Britton, and Jimmy Page

Recommended by Stefani Harris, Instructional Designer



"One Word That Will Change Your Life" by Jon Gordon, Dan Britton, and Jimmy Page is a transformative guide that can change your life with the impact of one word.

Words are powerful. They have the power to inspire, encourage, appreciate, heal, and turn the impossible into the possible. This book guides you through selecting one word to focus on throughout the year. This one word will

change the way you think, the words you speak, the attitudes of your heart, your relationships, and even your actions.

The One Word Challenge for 2024:

1. When searching for your word or intention, find solitude and silence, reflecting on your past circumstances, current reality, and aspirations.
2. It may come as a character trait, a discipline, a person, a spiritual focus, an attribute or a value.
3. Share your word with your inner circle. You can count on them sharpening, challenging, and stretching you to new heights.

Let's do The One Word Challenge together and pick a word that will help you make 2024 a great year!

*Click each link below for more information*



Let us know what you thought of this week's content.



Read more about this recommendation.



Learn more about the L and D team.

