



Every Monday at Rootree, our Director of HR sends out an email
Reminding us to take a moment for ourselves, to inhale and to exhale
She sends us motivational videos, and poems for us to read
It truly is appreciated and often just what we need
We all know that the holiday season is more than snowy days & elves
It's a season of giving and sharing and reflecting on ourselves
As we end the year and a new one is about to start
Here are some sweet links for a clearer mind and a lighter heart



1  **Simon Sinek: CHANGE YOUR FUTURE - Life Changing Motivational Speech | 15:31**
<https://www.youtube.com/watch?v=CZx4DTgIHJc>



2  **One of the Greatest Speeches Ever - Steve Jobs | 10:30**
<https://www.youtube.com/watch?v=Tuw8hxrFBH8&list=RDLVTuw8hxrFBH8&index=1>



Desiderata - By Max Ehrmann

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. **Be cheerful. Strive to be happy.**





24 Hours of Reality: "Earthrise" by Amanda Gorman | 4:29
<https://www.youtube.com/watch?v=xwOvBv8RLmo>



The Spirit of Giving - A Christmas Story (Audio Video) | 6:04
<https://www.youtube.com/watch?v=jGArEX5bxVo>



Healthy Thinking Habits for 2022 - Tony Robbins | 22:33
<https://youtu.be/vQCu4XjBASQ>



Oprah Winfrey talks with Thich Nhat Hahn excerpt - Powerful | 21:48
<https://youtu.be/NJ9UtuWfs3U>



When I am among the trees - Mary Oliver
<https://apoemaday.tumblr.com/post/189705365465/when-i-am-among-the-trees>



Denzel Washington's life advice will leave you speechless | 10:18
<https://youtu.be/OFB9i7P9Zs4>



Johnson Fung: Le Petit Prince | 10:44
<https://youtu.be/Fgg1QaE-UbM>



Are you an Ideal Team Player - Patrick Lencioni TedX University of Nevada | 14:39
<https://youtu.be/PRh80RyT74I>



If by Rudyard Kipling - Read by Sir Michael Caine | 2:50
<https://youtu.be/sqOgyNfH1IU>



Morning Motivation - The Power Of Positive Energy - Practice Positive Thinking Everyday | 10:07
<https://youtu.be/TxU30JMf8mg>



How to Embrace your Own Awareness - Jon Kabat-Zinn Meditation | 22:05
<https://youtu.be/JQgkGBdt89A>



On Work by Kahlil Gibran
<https://youtu.be/BQFh85fohQg>



10 simple ZEN RULES that will change your life completely | 7:31
<https://youtu.be/4d4qsjGhnDE>



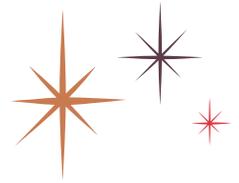
10 things that steal our motivation and how to get it back
<https://advice.theshineapp.com/articles/10-things-that-steal-our-motivation-and-how-to-get-it-back/>



Hakuna Matata
<https://m.youtube.com/watch?v=BAoCYwefq1A>



The Tao of Pooh by Benjamin Hoff: Animated Book Summary | 6:34
https://youtu.be/2xL__32A17A





5 Rituals That Predict Success - Robin Sharma | 12:03

<https://youtu.be/LxXZ-7WldBM>



Learn to Release Old Toxins By Melody Beattie

Just as splinters can get embedded in our body, old emotions and beliefs can act like toxins and become embedded in us, too. We may have picked up residue along the way – beliefs we didn't consciously choose, feelings we weren't safe enough to feel, toxins from the world around us. Now is a time of cleansing. Now is the time to heal your body and emotions, your mind and soul. What beliefs and emotions do you need to heal? Look around at your life right now. What are you thinking? What are you talking about? What issues are cropping up in your life? Who are you talking about? What are you remembering? Who has come back into your life? What hurts? Is that feeling familiar? When have you felt it before?

Once you've identified what you are feeling and thinking, release it. Let the energy go. Let it leave your body. You can chatter all you want about what's going on with you, but that doesn't release energy from your system, any more than talking about a splinter, takes it out.

Sometimes the process will sting just a bit when you pull out the splinter. But don't worry. It won't hurt for long. And soon you'll feel better than you've felt in a long while.

Often the process of releasing old toxins can be as gentle and natural as the way a flower or tree grows with sunshine and rain, a bit of fertile soil, and a little pruning and weeding.

Growth can be gentle now. Growth can be fun. Breathe in new air. Breathe in new energy. Exhale the past, it's feelings, beliefs and toxins. **Let it go. Let yourself be transformed.**



11 Ways to beat the Monday Blues

<https://www.forbes.com/sites/jacquelynsmith/2013/02/25/11-ways-to-beat-the-monday-blues/?sh=73f4cac823f5>



5 Lessons I Learned From The Book 'As a Man Thinketh'

<https://baos.pub/5-lessons-i-learned-from-the-book-as-a-man-thinketh-1fbe40a06701>



Elon Musk BEST Motivation 2020! | 10 Rules for Success | 12:31

<https://youtu.be/N0bj4UZ3zWg>



Don't Waste Your Life - Jay Shetty Motivational Speech | 11:26

<https://youtu.be/4HqSUv-hd44>



HOW TO BE TRULY HAPPY - Motivational Speech - Joe Rogan | 8:20

<https://youtu.be/oNIHL-6I7b0>

