



**FIND YOUR**  
PASSION



**FACE**  
REALITY

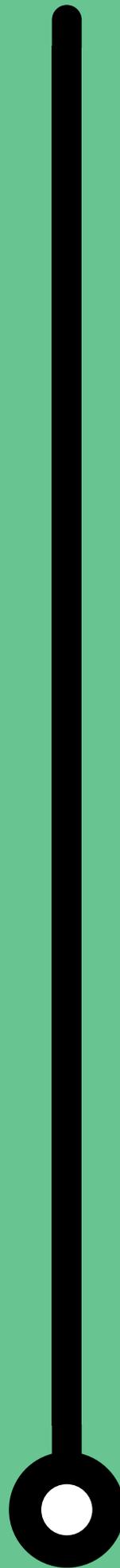
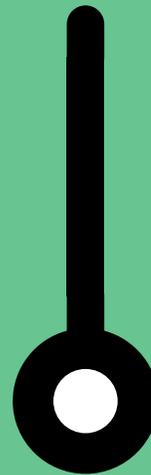
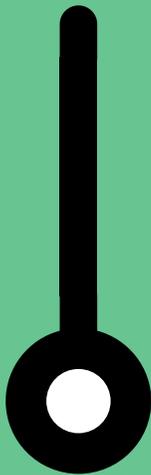
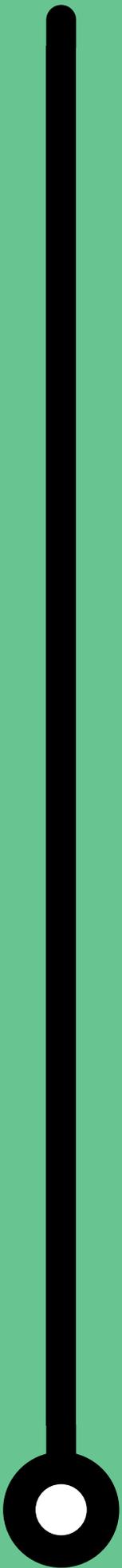


**FIND THE**  
INTERPLAY



**TOP 5**

**PERSONAL DEVELOPMENT  
TOOLS THAT WON'T TAKE YOU  
MORE THAN 5 MINUTES**



1

## FIND OUT YOUR PERSONALITY AT [16PERSONALITIES.COM](https://www.16personalities.com)

This is the Myers-Briggs test and it is shockingly accurate. I am an INFJ or the "Advocate." There is a wealth of information on this site that can help you get in touch with your own personality. The test only takes about 5 minutes to complete, but you could spend hours reading about yourself. Shoot me an email with yours and I would love to chat. These personality types are super interesting.

2

## JOURNAL ONLINE USING [EVERNOTE](https://evernote.com)

All it takes is 5 minutes a day to write down your thoughts. There is incredible power in writing down thoughts, feelings, goals, dreams, hopes, fears, etc. And then being able to refer back to them. Journaling is one thing that I recommend you start doing on a regular basis to learn to hear your own thoughts. This will allow you to let the good thoughts flourish and bad thoughts to dissipate.

3

## READ "HOW TO WIN FRIENDS & INFLUENCE PEOPLE" BY DALE CARNEGIE

The lessons I learned from it were profound and I still think about and apply the principals almost every day. Read just 5 minutes a day and find knowledge within. There is not a single book out there with a more concrete and surefire way to learn how to better interact with the people around you. You can get it on Amazon or listen to it on Audible like I did.

4

## TAKE A VIDEO COURSE ON UDEMY

The courses are super cheap, and you are going to learn a lot more than just searching on Youtube. I took a course on how to write and self-publish a book and I loved it. The brilliance is that you can learn from other people just like you that have gone through the experience ahead of you. [This course](#) on learning to remember everything is highly rated and would be a fantastic skill to learn.

5

## BUY A WHITE BOARD

I [have this one](#) that I got on Amazon, and I love it. We actually have several strewn throughout our home and we love them all. We use them for to do lists, daily tasks, goals and more. Having something right in your face that you can physically update and draw on is huge for personal development.

THANKS FOR CHECKING OUT MY  
LIST OF THE TOP 5 PERSONAL  
RESOURCES! IF YOU HAVE ANY  
QUESTIONS EMAIL ME AT  
[JORDAN@JMRING.COM](mailto:JORDAN@JMRING.COM) AND I WILL  
BE HAPPY TO HELP.