

# TURBO

<b>Kevin's Top 10 Goals For This Year</b>	<b>Media Kevin Needs to Dump</b>	<b>Media Kevin Needs to Consume</b>
<b>1.</b> Do something special to celebrate my mum's 70 <sup>th</sup> Birthday.	Daily News (TV)	AirBNB (Website) Money: Master The Game (Book)
<b>2.</b> Present 36 motivational seminars to high school students.	Social Media Trolls	Freedom Writers (Movie) TED Talks (Website & App)
<b>3.</b> Visit a new country.		Lonely Planet (Books & Website)
<b>4.</b> Create an App that helps teenagers boost their confidence.		Dead Poets Society (Movie) BiznessApps (Website)
<b>5.</b> Attend at least one yoga class every week.	Eastenders (TV)	Yoga YouTube (Videos)
<b>6.</b> Produce a weekly inspirational podcast for teenagers.	Jeremy Kyle (TV)	PodcastAnswerMan (Website) School of Greatness (Podcast)
<b>7.</b> Go to at least one sports event, live music or stand up comedy gig every month.		Live At The Apollo (TV) Comedian's Comedian (Podcast) O2 Academy Sheffield (Social Media)
<b>8.</b> Do something fun with my sister and nephews every quarter.		Living The 80/20 Way (Book) The Magic (Book)
<b>9.</b> Meditate at least 3 times every week.	Big Brother (TV)	Deepak Chopra – Soul of Healing Meditations (Audio)
<b>10.</b> Enjoy two months overseas living in the sunshine!		MindMyHouse (Website) 4-Hour Work Week (Book)

# Uplifting Media

Here's an extended list of the uplifting media Kevin is using to boost his confidence and motivation. Feel free to swipe a few ideas and use this stuff to give yourself a boost!

## Uplifting music on Kevin's playlist:

Rather Be – Clean Bandit & Jess Glynne  
Best Day of My Life – American Authors  
Hey Everybody! – 5 Seconds of Summer  
Let The Sun Shine – Labrinth  
Anything Could Happen – Ellie Goulding  
Heroes (we could be) – Alesso  
Cheerleader – Omi  
Adventure of a Lifetime – Coldplay  
Won't Hold Back – One Bit  
I Can – Nas  
You're a Superstar – Love Inc.  
I Lived - OneRepublic  
Do Your Thing – Basement Jaxx  
Hold My Hand – Jess Glynne  
Fascination – Alphabeat  
Ready – Kodakidz  
Wake Me Up – Avicii  
Superheroes – The Script  
Express Yourself – Labrinth  
Read All About It, Pt . III – Emeli Sandé  
If You Wanna – The Vaccines  
Changing – Sigma & Paloma Faith  
Break Free – Ariana Grande & Zedd  
Love Myself – Hailee Steinfeld  
Easy Love – Sigala  
I'm Good – The Mowgli's  
Shut Up and Dance – Walk The Moon  
Keep Your Head Up – Ben Howard  
When A Fire Starts To Burn – Disclosure  
Happy – C2C & Derek Martin  
Feel The Love – Rudimental  
Drag Me Down – One Direction  
My Love – Route 94 & Jess Glynne  
Hold On Tight – Greg Holden  
Liquid Spirit – Gregory Porter  
Freedom – Rebecca Ferguson  
Heartbeat Song – Kelly Clarkson

Blame It On Me – George Ezra  
Not Nineteen Forever – The Courteeners  
Masterpiece – Jessie J  
Generator – The Holloways  
Roar – Katy Perry  
Let's Go – Tiësto & Icona Pop  
One More Time – Daft Punk  
We Found Love – Rihanna & Calvin Harris  
Sax – Fleur East  
All The Way – Timeflies  
Fight Song – Rachel Platten  
Brighter Than The Sun – Colbie Caillat  
A Sky Full of Stars – Coldplay  
Latch – Disclosure & Sam Smith  
All About That Bass – Megan Trainor  
Cup of Tea – Kacey Musgraves  
Something I Need – Ben Haenow  
Don't Be So Hard On Yourself – Jess Glynne  
Beneath Your Beautiful – Labrinth & Emeli Sandé  
Pony (Jump On It) – Tough Love & Genuine  
Gecko (Overdrive) – Oliver Heldens & Becky Hill  
I'm Alive (Life Sounds Like) – Michael Franti & Spearhead  
Not Giving In – Rudimental, Alex Clare & John Newman  
Spectrum (Say My Name) – Florence + The Machine  
On To Something Good – Ashley Monroe  
Uptown Funk – Mark Ronson & Bruno Mars  
I Could Be The One – Avicii & Nicky Romero

## Uplifting movies on Kevin's watch list:

Freedom Writers	The Sawshank Redemption
The Blind Side	Coach Carter
8 Mile	The Truman Show
Hitch	127 Hours
The Green Mile	Mona Lisa Smile
The Pursuit of Happyness	A Few Good Men
Forrest Gump	Rudy
Crash	Super Juice Me!
Step Up	Philadephpia
Any Given Sunday	Life is Beautiful
Supersize Me	Remember The Titans
Saving Private Ryan	Schindler's List
Pay It Forward	42
Waiting For Superman	Billy Elliot
Little Voice	Slumdog Millionaire
A Beautiful Mind	Pitch Perfect
Cast Away	The King's Speech
Jerry McGuire	Hotel Rwanda
The Lion King	The Notebook
Good Will Hunting	Patch Adams
Fat, Sick and Nearly Dead	The Social Network
Gladiator	Les Misérables
Rain Man	Cinderella Man
Willy Wonka & The Chocolate Factory	Captain Phillips
Dead Poets Society	Good Morning, Vietnam
The Pianist	Ray
Moneyball	Limitless
It's A Wonderful Life	Finding Nemo
An Officer and a Gentleman	Top Gun
Working Girl	Chariots of Fire
Seabiscuit	Rocky
The Full Monty	Dangerous Minds
Wall Street	Suffragette
Braveheart	Food, inc.
Men of Honour	Soul Surfer
October Sky	The Intouchables
Miracle on 34 <sup>th</sup> Street	Star Wars
Apollo 13	Ferris Bueller's Day Off
The Secret	My Sister's Keeper
Groundhog Day	Into The Wild
The Bucket List	The Good Lie
Erin Brockovich	Love Actually
Field of Dreams	The Theory of Everything

## **Uplifting books on Kevin's reading list:**

Way of the Peaceful Warrior – Dan Millman  
The Journeys of Socrates – Dan Millman  
Jonathan Livingston Seagull – Richard Bach  
It's Not How Good You Are, It's How Good You Want To Be – Paul Arden  
Man's Search For Meaning – Viktor Frankl  
The Celestine Prophecy – James Redfield  
Think And Grow Rich – Napoleon Hill  
Losing My Virginity – Richard Branson  
Chicken Soup For The Teenage Soul – Jack Canfield & Mark Victor Hansen  
7 Habits of Highly Effective Teens – Sean Covey  
The Alchemist – Paulo Coelho  
Awaken The Giant Within – Anthony Robbins  
Bounce – Matthew Syed  
Drive – Daniel Pink  
Mindset – Carol Dweck  
Tuesdays With Morrie – Mitch Albom  
The 4-Hour Work Week – Tim Ferriss  
The Power of Now – Eckhart Tolle  
Don't Sweat The Small Stuff For Teens – Richard Carlson  
Who Moved My Cheese For Teens – Spencer Johnson  
The Success Principles For Teens – Jack Canfield  
Rich Dad Poor Dad For Teens – Robert Kiyosaki  
Money: Master The Game – Anthony Robbins  
The Automatic Millionaire – David Bach  
How To Win Friends & Influence People – Dale Carnegie  
Outliers – Malcolm Gladwell  
Flow – Mihaly Csikszentmihalyi  
Mastery – George Leonard  
Strengths Finder 2.0 – Tom Rath  
Eat That Frog – Brian Tracy  
The Rules of Life – Richard Templar  
Men Are From Mars, Women Are From Venus – John Gray  
Influence: The Psychology of Persuasion – Robert Cialdini  
The Greatness Guide – Robin Sharma  
The Best Advice I Ever Got – Katie Couric  
The Art of Being Brilliant – Andy Cope & Andy Whittaker  
Feel The Fear & Do It Anyway – Susan Jeffers  
The Secret For Teen Power – Paul Harrington  
You Have a Brain – Ben Carson  
The Teen's Guide to World Domination – Josh Shipp  
The Survival Guide to Bullying – Aija Mayrock  
Life Strategies For Teens – Jay McGraw  
Think Confident, Be Confident For Teens – Marci Fox