**Phát triển bản thân**

1. Phát triển tư duy đa chiều

<https://www.youtube.com/watch?v=evK9uUA-L_Q>

2. Phát triển tư duy độc lập

https://spiderum.com/bai-dang/ELON-MUSK-BAC-THAY-TU-DUY-DOC-LAP-wun

growmindset vs fix mindset

<https://spiderum.com/bai-dang/HOI-CHUNG-FOMO-NOI-SO-BI-QUEN-LANG-nz6>

3. Tăng khả năng learning

https://jamesclear.com/productivity

4. Quản lý thời gian

<https://jamesclear.com/focus>[?](https://jamesclear.com/focus?fbclid=IwAR0QvDwzI198BCOVfVQyyjMODK09J_XTx8cFfzXD_teU5Nq0Fk4kRK7mmVs)

[fbclid=IwAR0QvDwzI198BCOVfVQyyjMODK09J\_XTx8cFfzXD\_teU5Nq0Fk4kRK7mmVs](https://jamesclear.com/focus?fbclid=IwAR0QvDwzI198BCOVfVQyyjMODK09J_XTx8cFfzXD_teU5Nq0Fk4kRK7mmVs)

<https://www.inc.com/jessica-stillman/heres-elon-musks-secret-for-learning-anything-fast.html>

5. Đưa ra quyết định

<https://spiderum.com/bai-dang/Tu-duy-Bayesian-Updating-trong-mot-the-gioi-bat-dinh-bf2>

https://spiderum.com/bai-dang/Chung-Ta-Co-Nhieu-Hon-The-10ac

6. Làm việc deepwork

<https://spiderum.com/bai-dang/Deep-Work-Ky-cung-chuyen-tam-v69>

https://spiderum.com/bai-dang/Deep-Work-va-cach-de-lam-viec-sau-trong-thoi-dai-so-co-qua-nhieu-xao-nhang-86a

<https://spiderum.com/bai-dang/Deep-Work-Lam-sao-de-thoi-hoi-hot-va-len-dinh-hang-ngay-h12>

**Xây dựng mối quan hệ**

1. Xác lập, duy trì và xây dựng mối quan hệ

2. Tạo lòng tin

3. Sự khác nhau mối quan hệ xã giao và bạn thân

**Tâm lý học.**

1. Cân bằng thời gian

<https://thepresentwriter.com/quan-ly-thoi-gian/>

2. Đánh đổi

<https://www.psychologytoday.com/intl/blog/headshrinkers-guide-the-galaxy/201109/life-is-series-trade-offs>

**Phát triển sự nghiệp**

<https://spiderum.com/bai-dang/Lam-the-nao-de-toi-uu-hoa-viec-phat-trien-ban-than-lva>

<https://spiderum.com/bai-dang/Deep-Work-va-cach-de-lam-viec-sau-trong-thoi-dai-so-co-qua-nhieu-xao-nhang-86a>