



"I learned the greatest lesson of any competitor, or anybody who's in business, and passed that on to the rest of my staff. And that is that you can only run your own race."

- OPRAH  
Making Oprah

We all know that Oprah is the queen of all things. But more than anything, she's a reminder of staying true to yourself.

Making Oprah is a WBEZ podcast hosted by Jenn White that follows the media queen's rise to fame and the behind-the-scenes story of her epic TV show. The second episode, *Skinheads And Scented Candles*, covered the Oprah Show's journey to becoming what we all know it as today: a medium for helping people become their best selves.

As competitors started to pop up and try to come for her spot as the number one daytime TV talk show, Oprah instructed her staff to focus on their own mission. They made the decision to ignore what everyone else was doing. Just like a winning thoroughbred, Oprah would say to her team, *Keep your blinders on*.

When Oprah made the decision to only do positive shows in 1989, ratings initially started to fall. But of course, the Oprah Show's new, positive-only spin finally caught on as Oprah and her producers found out how to make it work.

They worked and worked until the show was both compelling and positive - something that daytime TV wasn't known for. They stayed in their lane and followed their purpose, making the Oprah Show the only one of it's kind for years to come.

## READ

*And God Created Oprah (Chicago)*

*The Glory of Oprah (The Atlantic)*

*The Wisdom of Sundays: Life-Changing Insights from Super Soul Conversations by Oprah Winfrey (Book)*

## LISTEN

*Making Oprah (Podcast Series By WBEZ)*

*The Power of No Part 1 - With Oprah Winfrey (Dear Sugars Podcast)*

## WATCH

*Oprah Explains the Difference Between a Career and a Calling | The Oprah Winfrey Show (YouTube)*

*Oprah Winfrey on Career, Life and Leadership at Stanford Graduate School of Business (YouTube)*

*Oprah Winfrey speaks at Agnes Scott College's 128th Commencement (YouTube)*

*The David Rubenstein Show: Oprah Winfrey (Bloomberg)*



# JANUARY 2018

At a Glance

Notes

Sunday	Monday	Tuesday
	1	2
7	8	9
14	15	16
21	22	23
28	29	30

Wednesday	Thursday	Friday	Saturday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

# JANUARY 2018

"You get in life what you have the courage to ask for." - Oprah

Monday **1**

For the ♥

Tuesday **2**

For the ♥

Wednesday **3**

For the ♥

Thursday **4**

For the ♥

Friday **5**

For the ♥

Saturday **6**

For My Self-Care

For the \$

Sunday **7**

Recharge List

**This week, I will aim high.**

Top three goals for 2018:

- 1.
- 2.
- 3.

**Next Week's Goals**

# JANUARY 2018

Monday **8**

For the ♥

Tuesday **9**

For the ♥

Wednesday **10**

For the ♥

For the \$

For the \$

For the \$

*This week, I will focus on myself.*

Oprah may have been joking, but it's no secret that the media mogul, especially her flagship show, would not have been as successful if she had of kept trying to be someone else. In your field or industry, what makes you stand out?

"I certainly had no idea that being your authentic self could get you as rich as I have become." – Oprah joking with Sheryl Sandberg at Facebook in 2011

Thursday **11**

For the ♥

Friday **12**

For the ♥

Saturday **13**

For My Self-Care

For the \$

For the \$

Sunday **14**

Recharge List

Next Week's Goals

# JANUARY 2018

Monday **15**

For the ♥

Tuesday **16**

For the ♥

Wednesday **17**

For the ♥

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work." – Oprah

Thursday **18**

For the ♥

Friday **19**

For the ♥

Saturday **20**

For My Self-Care

For the \$

Sunday **21**  
Recharge List

**This week, I will schedule out the details.**

How are you going to make time for the things you want to do this year? Make a schedule of the days and times you plan to focus on the small details that will guide your hard work. (Ex. posting a new blog post every Friday or spending Sunday afternoons to sketch out events.)

**Next Week's Goals**

# JANUARY 2018

Monday **22**

For the ♥

Tuesday **23**

For the ♥

Wednesday **24**

For the ♥

For the \$

For the \$

For the \$

*This week, I will pause to relax.*

Burnout is real. Be proactive by planning pauses in your week that allow you to breathe, regroup, and assess how you're doing. (Ex. Saturday-morning workouts, reading before bed, or your favorite habits for a healthy mind and spirit.)

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." — Oprah

Thursday **25**

For the ♥

Friday **26**

For the ♥

Saturday **27**

For My Self-Care

For the \$

For the \$

Sunday **28**

Recharge List

Next Week's Goals

# JANUARY - FEBRUARY 2018

Monday **29**

For the ♡

Tuesday **30**

For the ♡

Wednesday **31**

For the ♡

For the \$

For the \$

For the \$

**This week, I will check in with my tribe.**

What can you do with your tribe this year to be stronger together? Whether it's your family, friends, or work squad, think about how you can keep those relationships growing this year.

"Surround yourself with only people who are going to lift you higher." – Oprah

Thursday **1**

For the ♡

Friday **2**

For the ♡

Saturday **3**

For My Self-Care

For the \$

For the \$

**Sunday 4**  
Recharge List

**Next Week's Goals**