A ship in harbor is safe but that's not what ships are for.

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Life of Yes℠ Resources

Books
- ReWork, Jason Fried
- Quiet, Susan Cain
- The Art of Non-Conformity, Chris Guillebeau
- Daring Greatly, Brené Brown
- Rising Strong, Brené Brown
- The Happiness Project, Gretchen Rubin
- Eat the Frog, Brian Tracy
- Start with Why: How Great Leaders Inspire Everyone to Take Action, Simon Sinek
- Year of Yes, Shonda Rhimes
- Bossypants, Tina Fey
- 4 Hour Work Week, Tim Ferriss
- The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing, Marie Kondo
- Going Solo: The Extraordinary Rise and Surprising Appeal of Living Alone, Eric Klinenberg
- Yes Please, Amy Poehler
- Modern Romance, Aziz Ansari
- Is Everyone Hanging Out Without Me? (And Other Concerns), Mindy Kaling

Video
- The Power of Vulnerability, Brené Brown
- Why we all need to practice emotional first aid, Guy Winch
- Randy Pausch Last Lecture: Achieving Your Childhood Dreams
- As many TED videos as you can consume!
- The power of introverts, Susan Cain
- The Hero’s Journey, Jason Silva
- How to Be Alone
- The Secrets of Happiness – in 60 Seconds
- This Is Water
- Work As Play - Alan Watts
- Amanda Palmer: The art of asking

Career Resources
- Npo.net
- Idealist.org
- Indeed.com

Tech Tools & Apps
- This is a topic too big to tackle in depth here (I teach a 4-hour productivity workshop!) but here’s a list of Husband and I’s favorites to get you started

Articles
- Some Friendly Advice
- 18 Things Children Can Teach Us About Happiness
- Everything I Am Afraid Might Happen If I Ask New Acquaintances to Get Coffee
- The 14 Habits of Highly Miserable People
- How To Make Friends In The Post-Collegiate World
- The Art of Friendship: 70 Simple Rules for Making Meaningful Connections, Roger Horchow
- The Busy Trap
- Everything you know about love is wrong by Aziz Ansari
- Stop Thinking and Start Doing: The Power of Practicing More
- How Improv Can Open Up The Mind to Learning in the Classroom and Beyond
- Find What You’re Meant to Do: Ask Your Friends
- 59 Commandments of Networking
- You’re probably doing email introductions wrong
- The Right (and Wrong) Way to Network
- The Science Of Why You Should Spend Your Money On Experiences, Not Things

Websites & Blogs
- Unstuck
- Altchuer Confidential
- Marc and Angel Hack Life
- Seth Godin
- Make it Anywhere
- Medium
- Elephant Journal
- Mindbodygreen
- Mental Floss
- Brain Pickings
- Frugal Travel Guy

“Finish every day and be done with it. You have done what you could; some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.” - Ralph Waldo Emerson
Life of YesSM Activities

Live Lit/Storytelling/Presentations
  • Mortified
  • Pecha Kucha
  • Ignite
  • TEDx
  • The Moth
  • Write Club
  • Toastmasters

Comedy/Art
  • Io (formerly Improv Olympic)
  • Upright Citizens Brigade
  • Second City
  • SoFar Sounds

Food
  • underground supper clubs in general
  • Mealsharing
  • Eat With
  • Chaos Cooking
  • Dinner Lab
  • Diner En Blanc
  • The Dinner Party – for those dealing with grief/loss

Entrepreneurism | Inspiration
  • Creative Mornings
  • One Million Cups
  • Unreasonable Institute
  • The Awesome Foundation
  • The School of Life
  • Mastermind Groups

Conferences | Camps
  • 99U
  • World Domination Summit
  • Bullish Conference
  • Yes and Yes Yes
  • Camp No Counselors
  • Digital Detox

Classes | Education
  • Dabble
  • Coursehorse
  • Skillshare
  • Dev Boot Camp
  • Starter League
  • The Experience Institute
  • Kahn Academy
  • Coresyra
  • Society of Grown Ups
  • Next Door Chicago

Dating
  • Project Fix Up
  • How About We
  • Smart Dating Academy
  • Coffee Meets Bagel
  • Hinge

Physical
  • Dance Dance Party Party

Volunteering
  • Hands On Network, e.g. Chicago Cares
  • Taproot
  • Open Heart Magic
  • Women on Call
  • Catchafire

Un-Networking
  • Tea with Strangers
  • Coworking spaces; Desktime is a coworking directory

Self-Plugs
  • The Life of YesSM Store (notecards, posters, decals+) – self-gifts, gifts for others!
  • TeamPete: my husband does Workplace Improv – if you’re looking for team-building and/or a way to work on enhancing business skills that isn’t painful, Pete’s your guy! Based in Chicago, but travels.
  • If you’re in the Chicagoland area, come to an event of mine! If you’re from outside the area, come to a Life of YesSM Camp! Or bring me to you!

“A man of knowledge lives by acting, not by thinking about acting, not by thinking about what he will think when he has finished acting.” – Carlos Castenada

You can’t start the next chapter of your life if you keep re-reading the last one.

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