



Background
• 1955
• 1956
• 1957

My Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



© 1955 "My Dream" Book Club

2) Let Go
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



3) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

Let's go back to the beginning
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

Let's go back to the beginning
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

Let's go back to the beginning
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



4) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



5) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



6) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

7) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

8) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



9) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



10) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

11) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



12) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



13) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

14) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

15) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

16) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer

17) Dream Your Dream
• I want to be a doctor
• I want to be a teacher
• I want to be a lawyer



A Life of Yes: Live YOUR Dream, Not THE Dream

@sayahillman
#LifeOfYes

@bostoncollege
@bcalumni
#bostoncollege
#wearebc



www.macncheese productions.com

1-1-1

Roadmap

- LOY
- homework
- resources
- contact
- Q & A

MAC & CHEESE

PRODUCTIONS



Life of Yes

- Default is YES, why not?, let's do it; not NO, what if, I can't...
- You're yourself among other people being themselves
- Community - give & take, you belong
- Kid'ness - laughter, play, no judgment
- Bumps are bumps, not roadblocks
- Utilize your pluses AND minuses
- You're the owner of your life



Cusp Conference 2012

The design of everything.

September 19-20, 2012

Cusp Conference 2012 has checked in full!

If you'd like to be added to our standby list (you never know),
please contact us at info@cuspconference.com

200 Lives in West Town, Ukrainian Village or the West Loop, and not in a crap-hole
201 She's not in the corner and has a headboard
202 Doesn't have silly tats
203 Married/Single
204 Plays acoustic guitar
205 One week at least in one of the above

@sayahill

TEDxBloomington

x = independently organized TED event



1) Drink “Why Not?”
Kool-Aid

2) Let Go

HOLDING A GRUDGE
IS LETTING
SOMEONE LIVE
RENT-FREE IN
YOUR HEAD.

3) Create Your Recipe

LOY Ingredients

- flip-flops and jeans attire
- find & share productivity apps
- connect Person A & Person B
- wake up via sun, not alarm
- do errands during weekday-days
- eye-leaking laughter
- no commute
- personal cheerleaders

Things I wish I could get paid to do

- Make collages
- Make music mixes
- Wear flip-flops
- Sit on couch
- Work with inner-city youth
- Scrapbook
- Laugh
- Plan events and retreats
- Learn about education
- Watch the news
- Talk about life
- Have people like me
- Be optimistic
- Challenge myself
- Karaoke
- Meet new people
- Share tidbits from various sources with others

Things I wish I could get paid to do

- Make collages
- Make music mixes
- Wear flip-flops and jeans
- Sit on couch and play board games
- Work with inner-city youth
- Scrapbook
- Laugh
- Plan events and retreats

Home Criteria

1. School St to Addison St, Ravenswood Ave to Damen Ave

2. Appropriate vegetation to concrete ratio

3. Approp

4. Unusu

5. 1 to 2

6. No sm

7. Neigh

8. Distwa

9. Hardw

10. Laund

11. No mu

12. Easy to take bike in and out

13. One to six unit building

14. Porch (not enclosed)

15. Lots of natural light

16. No one above me

17. Quiet street

18. Easy parking

Home Criteria

1. School St to Addison St, Ravenswood Ave to Damen Ave

2. Appropriate vegetation to concrete ratio

3. Appropriate independent stores to chain stores ratio

4. Unusual space that has character

5. 1 to 2 bedroom

6. No smoking

7. Mix of families and singles age 27-37

Boyfriend Criteria

1. Smells like campfire
2. Knows when to use "your" and "you're"

3. Carries a tube

4. Eats meat

5. No roommates

6. British accent

7. Knows who S

8. Has a bike m

9. Doesn't wear

10. Can live with

11. Has a compu

12. Computer at

13. Creative-type

14. Does yoga

15. Can hammer

16. Fixes his bike

17. Knows directions

18. 6'2" or taller

19. Embraces political incorrectness, like the book *Stuff White People Like*

20. Lives in West Town, Ukrainian Village or the West Loop, and not in a crap-hole

21. Bed is not in the corner and has a headboard

22. Doesn't have silly debt

23. Named Adam

24. Plays acoustic guitar

25. Can cook at least one dish without a cookbook

26. Thinks a framed receipt from a first date is a better gift than a Tiffany bracelet

27. Enjoys board games

Boyfriend Criteria

1. Smells like campfire
2. Knows when to use "your" and "you're"
3. Carries a tube filled with designs or plans across his back
4. Eats meat
5. No roommates
6. British accent
7. Knows who Sylvia Poggioli is
8. Has a bike messenger bag but is not a bike messenger
9. Doesn't wear converse or penny loafers

"What's money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do."

- Bob Dylan

Julia Rohan PERMALINK

October 3, 2012 6:19 AM

Saya: I'm hitting my SECOND year of self-employment and you were hands-down THE BIGGEST influence to get my butt to a happier place. Thank you for getting fired. You getting fired led to me getting happy.



jenusellis

Apr 05, 9:15pm via UberSocial for Android

I can't even properly live tweet
[#FearExperiment](#) because of how awesome it is. I'm laughing, cheering, & having eye leak issues.



Mentions

(sayahillman)



jtothenines

Jul 24, 9:07am via Twitter for iPad

One of the best keynotes I have heard in a while. [@sayahillman](#) [@garyvee](#) [#elevateNYC](#) [#bizbash](#)

4) Recognize, Value, & Utilize Your Superpowers





5) Embrace Your Suckage

Dance Experiment



and teach them
how to dance



"I attended the performance & thought the show was truly inspiring! Please add my name to the list for Dance Experiment Two."

- audience member



Fear Experiment

55 strangers. 0 experience. 1 show.



U.S. Cellular Field



pepsi



ATHLETICO

PHYSICAL THERAPY • REHABILITATION SERVICES

3:44



Vienna Beef



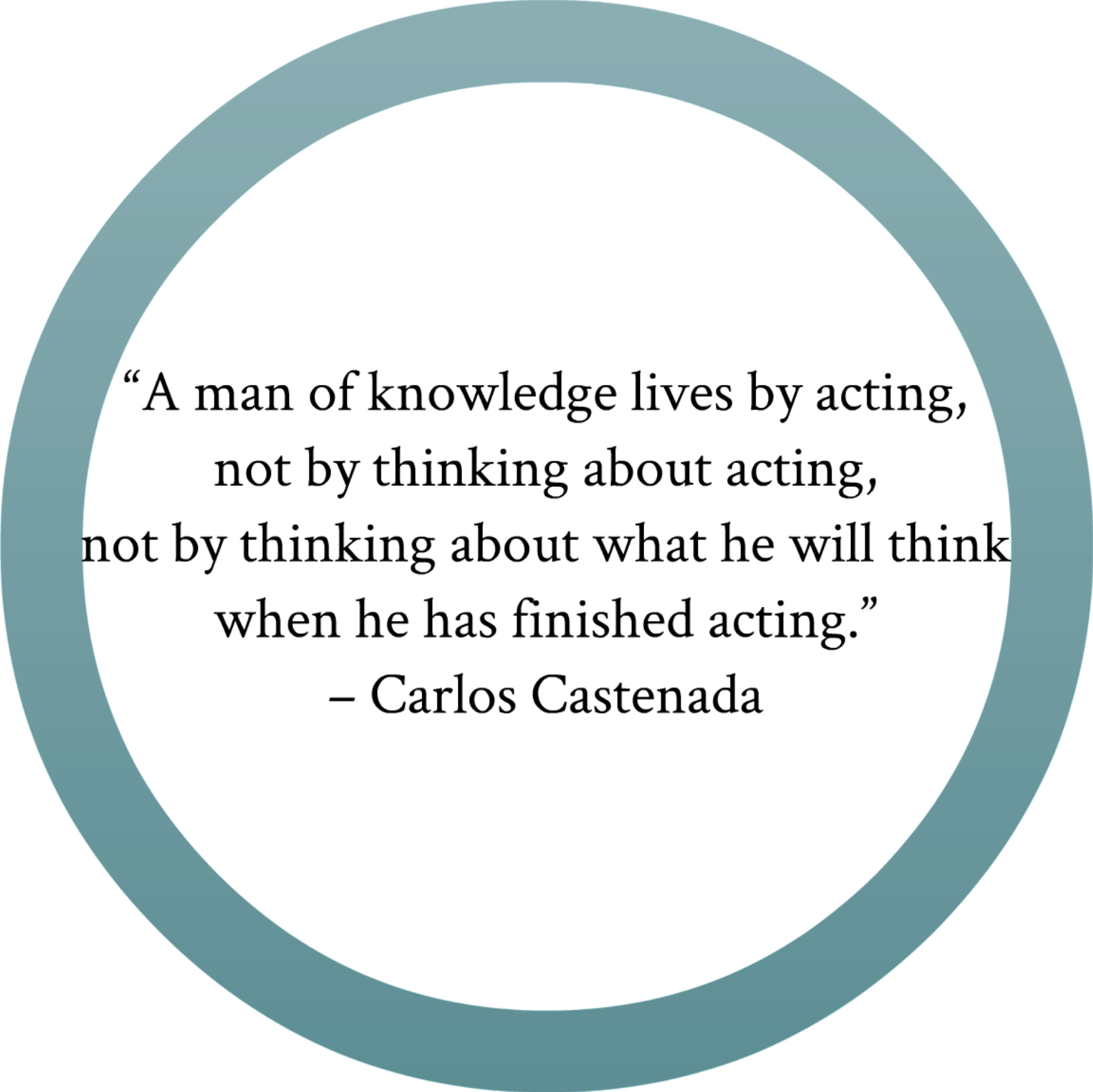
ticketmaster

CASILLA

246 AVG
2 HR

THE PRIVATEBANK

6) Nike It!



“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



“One of the best gifts I
have given myself.”

- camper

The New York Times

Fashion & Style

WORLD U.S. N.Y. / REGION BUSINESS TECHNOLOGY SCIENCE HEALTH SPORTS OPINION
FASHION & STYLE DINING & WINE HOME & GARDEN WEDDINGS/CELEBRATIONS

The Kumbaya Connection for Grown-Ups

By SHEILA MARIKAR
Published: July 5, 2013

Digital Detox isn't the only
seems to be an increasing
Below, four retreats that
them to disconnect from

f FACEBOOK

Forbes

New Posts

Most Popular
2013 Grammy Winners

Lists
Most Promising Companies

Retreats to Explore in 2013

1. **Life of Yes Retreats**: Saya Hillman, founder of Mac and Cheese Productions, has been putting on regular “minglers” (mixers) to connect strangers in [Chicago](#) for years. She recently took her minglers a step further by introducing her Life of Yes Retreats. The retreats take participants to undisclosed locations for a weekend of inspiration and bonding. The catch? Everyone goes solo. No one is allowed to go with anyone they know. The retreat includes “guitar sing-alongs, firelight discussions, activities that unlock your creative-soul, and an environment where you feel at home with people you just met.” You can get on the waitlist for the winter retreat, or apply now for the summer retreat (which takes place in August).



mac 'n cheese productions™

Digital Scrapbooks for Special Events



mac 'n cheese productions™:

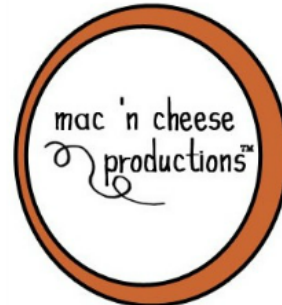
DIGITAL MEDIA SOLUTIONS



• come see what's inside •



mac 'n cheese productions



Perfect Time Unicorn



(doesn't exist)

7) Stick Out



Campfire



Campfire

Campfire is a mix of hardwood smoke, evergreen needles, and fresh forest smells.

Note: Campfire contains *real* wood smoke, so it has a naturally dark, smokey color - avoid spraying on light colored fabrics to prevent staining.

Purchase a 1 oz bottle of campfire:

\$30 + \$4.75 S/H

(low stock)

[Buy Now](#)

TASTING TABLE

Brazen
careers

CRAIN'S
CHICAGO BUSINESS

PureWow.

idealist

U.S. News
& WORLD REPORT

Chicago
MAGAZINE

careerbuilder®

Chicago Tribune

WGN
Radio 720

Technori

TimeOut
Chicago

GAPERS **** BLOCK
A WEB PUBLICATION • ESTABLISHED IN 2003 • CHICAGO, ILLINOIS

abc

GOOD

SOCIAL
MEDIA
WEEK

TEDx

Forbes®

CASSANDRAreport

The New York Times

THE
HUFFINGTON
POST

Mac & Cheese ProductionsSM is a mark of Mac & Cheese Productions

People -

- clamor to talk to me
- introduce me to others
- remember me
- stay connected to me

TIRED OF CLEANING YOUR BATHROOM?



**Bathroom cleaning drive
November 17 - 21
Lower Campus**

\$10 per bathroom

POSTING APPROVED
BY ODSB
McELROY 141

Contact Saya at 6-1073 or Kathleen at 6-5780.

Sponsored by Shaw Leadership Program

8. Go Solo





\$!

9) Be Selfish

roommates

boss

tradition

family

friends

society

significant other

coworkers



me



Sometimes living a life of yes
means saying no.

10) Ask

Average Chicago wedding
\$53,000

	Would've Cost	Life of Yes SM Cost
Rehearsal Dinner	\$2055	\$0
Videographer	\$1300	\$0
Invitations	\$1070	\$0
Photographer	\$4500	\$0
Day of Coordinator	\$700	\$0
Hair & Makeup	\$150	\$0

f t + e p m

Bartered bliss: Crafting a bargain wedding

Chicago Tribune

Life & Style

This article is related to: Weddings, Family, Marriage, Chicago Restaurants, , Media Industry,



(Angela B. Garbot photo)

By Jessica Reynolds, Tribune Newspapers

NOVEMBER 3, 2013

For Saya Hillman and Pete Aiello, it was important to have an "us" wedding. No pomp and circumstance. No upholding tradition for tradition's sake.

And when Saya read that the average Chicago wedding costs nearly \$50,000, according

11) Expect Bumps



WHEN SOMETHING BAD HAPPENS
YOU HAVE THREE CHOICES. YOU
CAN EITHER LET IT DEFINE YOU,
LET IT DESTROY YOU, OR YOU
CAN LET IT STRENGTHEN YOU.

- 100%
- Confidence
- HCP

12) Make It Easy

* 3 MINUTES.

□ PEDICURE

□ DENTIST

HOME

□ HAIR SALON

□ OPTOMETRIST

□ YOGA

□ TRADER
JOE'S

□ GYM

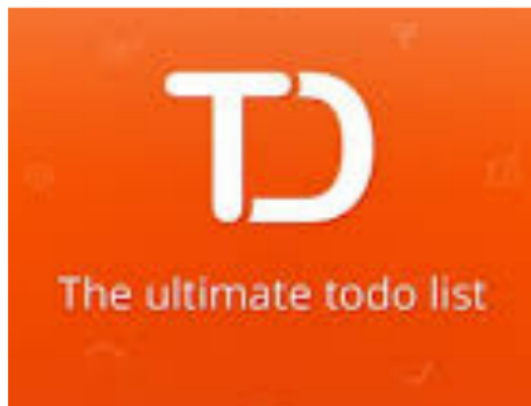
□ BANK

□ MECHANIC

* 12 MINUTES

□ DOCTOR

□ CHIROPRACTOR

A screenshot of a Verizon smartphone screen showing a calendar and schedule. The status bar at the top shows "Verizon", signal strength, Wi-Fi, time "10:20 AM", and battery level. The calendar view shows the week of February 17 to 23, with February 20 highlighted. Below the calendar is a schedule for "TODAY - WED, FEBRUARY 20" and "TOMORROW - THU, FEBRUARY 21".

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18	19	Feb 20	21	22	23
24	25	26	27	28	Mar 1	2

TODAY - WED, FEBRUARY 20	
in 40 min	
11:00 AM 30m	App development meeting
	Afternoon 53°F
1:00 PM 30m	Lunch with web admin
	Evening 46°F
6:00 PM 30m	New Games

TOMORROW - THU, FEBRUARY 21	
	Morning 43°F
10:00 AM 30m	Review Year Walk

Steal and tweak!



13) Give Yourself Permission

- to be celebrated
- to brag about yourself
- to promote yourself
- to want the spotlight
- to be sad
- to vent
- to be cared about
- to belong
- to act like a kid
- to ask

14) Use Commonsense

- Say "Thank You"
- Don't compare
- Do good
- Be awesome

15) Find Your Tribe



WHEN YOU FIND
PEOPLE WHO NOT
ONLY TOLERATE YOUR
QUIRKS BUT
CELEBRATE THEM WITH
CRIES OF "ME TOO!"
BE SURE TO CHERISH
THEM. BECAUSE
THOSE WEIRDOS ARE
YOUR TRIBE.



I choose to...

- put on pants
- leave the house
- go solo
- initiate. “Hi, my name is Saya...”
- be vulnerable
- give *and* take

Conditions for Authentic Relationships

- proximity
- repeated, unplanned interactions
- a setting that encourages people to let their guard down and confide in each other

You'll get a lot
further if you
take a step.

**Life of
YES™.**

A PARTY OF
ONE CAN BE AN AMAZING PARTY,
WHEN YOU LIKE THE GUEST.

**SAY
'YES,'
I DARE
YOU.**

travel
LIGHT.

Only bring the baggage
that serves you.

**EMBRACE YOUR
SUCKAGE.**

**Live YOUR dream,
not THE dream.**

**PUT ON YOUR
WHY-NOT
PANTS.**

MAC&CHEESE

and more

Homework Assignment...

- email five people RE your superpowers
- create a fake resume
- send a handwritten note
- LOY questions
- create and do a SMART goal



Life of Yes Questions

- If you Why Not'ed, what could or would you do?
- Is there something/someone that if you let go, you'd have more space for goodness in your life?
- What would you include in your "Life is exactly how I want it" recipe?
- What's something that comes easily to you that you could offer others?
- What is something that perhaps you're not great at but that you could embrace and turn into good?
- What have you been putting off? What do you keep making excuses for? What can you just DO?
- Where could you insert yourself, somewhere that on paper you have no business being, that might lead to goodness?
- What's different about you that you can use to your advantage?
- What's something that you can do solo?
- How can you be selfish?
- What's something you can say no to that might allow more yes in your life?
- What ask could you make? Who could you make an ask to?
- What's a tool you have in your toolbelt that will help you deal with bumps?
- What can give you confidence to do something scary?
- What's a way you can make either your life easier or someone else's life easier?
- What's something you can give yourself permission to do, something that perhaps doesn't feel good but you know it'd be ok to do it?
- Who could you say thank you to and why?
- Where specifically could you find your tribe?

SMART Goal

- Specific
- Measurable
- Action-oriented
- Realistic
- Time-sensitive

Life of Yes Resources

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

Mac & Cheese ProductionsSM www.maccheese productions.com @savahillman #LifeOfYes

Life of YesSM Resources

Books

- [ReWork](#), Jason Fried
- [Quiet](#), Susan Cain
- [The Art of Non-Conformity](#), Chris Guillebeau
- [Daring Greatly](#), Brene Brown
- [Rising Strong](#), Brene 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](#), Brene 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](#)
- [Alchuer Confidential](#)
- [Marc and Angel Hack Life](#)
- [Seth Godin](#)
- [Make it Anywhere](#)
- [The Middle Finger Project](#)
- [Harvard Business Review](#)
- [Lifehacker](#)
- [Superhero Life](#)
- [Good Life Project](#)
- [The Penny Hoarder](#)
- [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](#)

Get In Touch



#LifeOfYes

www.macncheeseproductions.com
@sayahillman