

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

Mac & Cheese Productions<sup>SM</sup> [www.maccheeseproductions.com](http://www.maccheeseproductions.com) @sayahillman #LifeOfYes

## Life of Yes<sup>SM</sup> 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](#)
- [Altchuer 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 Yes<sup>SM</sup> 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 Yes<sup>SM</sup> 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 Yes<sup>SM</sup> 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 Castaneda*

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

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