



Lessons for Lifelong Learning

A Single 90-minute Webinar

1. What are some of the **benefits** of lifelong learning?

- a) to improve my _____
- b) to maintain my _____
- c) to keep my _____
- d) to learn useful _____
- e) to be a _____
- f) to become more knowledgeable about something I _____
- g) to improve my _____
- h) to _____ my own ideas
- i) to help me be more _____
- j) to increase my _____
- k) to have a more satisfying _____
- l) to lessen _____
- m) to _____ on something of interest
- n) to develop a _____
- o) to make myself more _____
- p) to increase my _____
- q) to be a more _____ person
- r) to improve my _____
- s) to increase _____
- t) to enhance _____
- u) to _____
- v) to increase my _____
- w) to help me realize what I _____
- x) to earn _____
- y) to create a _____
- z) _____

2. Of these 20+ ideas, which **3** are important enough to me to give me the **incentive** to be a lifelong learner?

- a) _____
- b) _____
- c) _____

3. Keep in mind that to be effective, you need to approach learning in the way that works for you:

4. Let's brainstorm some "learning resources":

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5. What might stop me from taking the next step?

6. How will I overcome that obstacle?

INDEX OF A FEW FAVORITE LIFELONG LEARNING RESOURCES

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

Mahatma Gandhi

Financial resources:

- Daveramsey.com
- Clark.com
- everydaycheapskate.com
- investopedia.com
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Massive Online Open Courses (MOOCs) and other classes (additional courses may be listed under “online”):

- edX.org
- coursera.com
- udacity.com
- gclearnfree.com
- udemy.com
- oyc.yale.edu/courses
- Lynda.com
- khanacademy.org
- codeacademy.com
- skillshare.com
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A few favorite TED talk authors:

- Shawn Achor
- Amy Cuddy
- Brene Brown
- Susan Cain
- Brendon Burchard
- Simon Sinek
- Marcus Buckingham
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A few favorite books:

- The Secret Thoughts of Successful Women*, Valerie Young
- Quiet*, Susan Cain
- Wired That Way*, Marita Littauer
- Emotional Intelligence: Why It Can Matter More Than IQ*, Daniel Goleman
- Emotional Intelligence Quick Book*, Travis Bradberry and Jean Greaves
- Start with Why*, Simon Sinek
- Now, Discover Your Strengths*, Marcus Buckingham
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Favorite magazines:

- SUCCESS*
- Harvard Business Review*
- Psychology Today*
- Entrepreneur*
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Podcast:

- The Minimalists
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Online (classes, videos, informative websites):

- YouTube – second largest search engine on the Internet
- Scholar.Google.com – a more academic perspective
- ResearchGate – where many scientific/research articles “live”
- TED.com
- diygenius.com/100-self-education-resources-for-lifelong-learners/
- brendon.com
- gretchenrubin.com
- lewishowes.com
- goodthinkinc.com
- fl-counties.com
- gohighbrow.com
- creativelive.com
- curious.com
- nasa.gov
- howstuffworks.com
- openculture.com ***
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Suggestions from your peers:

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