Living It Campaign

## RECOMMENDED TED TALKS

* [Try Something New for 30 Days](https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days) (3 minutes)
  + **Discussion Questions:**
    - What have you always wanted to try but haven’t yet?
    - When was there a time you tried something new and it built your confidence?
    - What do you think about the idea that “small sustainable changes stick?”

* [Why We Must Do New Things to Live a Happier Life](https://www.youtube.com/watch?v=ATHb_LskphI) (13 minutes)
  + **Discussion Questions:**
    - LuAnn’s first new endeavor was extremely outside of her comfort zone? What’s outside of your comfort zone?
    - What has happened during your life experience where you faced a lot of new events? What did you learn?
    - What are three items you can add to your “do new” list?
    - LuAnn’s favorite new thing was connecting with a stranger. In what way can you make connection part of your day today?
* [The Power of Vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability?) (20 minutes)
  + **Discussion Questions:**
    - Brene’ Brown describes whole-hearted people as those who embrace vulnerability. When have you felt vulnerable and what did you learn from the experience?
    - What do you think of Brown’s description of shame as a “fear of disconnection” and the idea that “there is something about me that, if other people know it or see it, that I won’t be worthy of connection?”
    - Brown says, “in order for connection to happen, we have to allow ourselves to be seen, really seen.” What does that mean for you?
* [Listening to Shame](https://www.ted.com/talks/brene_brown_listening_to_shame) (20 minutes)
  + **Discussion Questions:**
    - In what ways have your ideas about vulnerability and courage changed over the years?
    - Brené Brown describes how men and women experience shame in different ways (e.g., women must do everything perfectly and reach unattainable expectations, and men must not be perceived as weak.)
    - When have you “dared greatly?” (What was the result?)
* [How to Tie Your Shoes](https://www.youtube.com/watch?v=zAFcV7zuUDA) (3 minutes)
* [An Even Better Way to Tie Your Shoes](https://www.youtube.com/watch?v=rqXZHA46wTU) (3 minutes)

(Watch these two TED talks back-to-back)

* + **Discussion Questions:**
    - When have you been sure of something, only to later realize it was wrong (or that there was a better way)?
    - We know that challenging our brains in a variety of ways promotes brain health. What other day-to-day tasks might you do differently?
    - These were short videos on a simple topic. But how can we challenge our beliefs about something in bigger and more productive ways?