Living It Campaign  
Recommended TeD Talks

Research has shown that trying new and complex pursuits creates new neural pathways in the brain, which can lead to improvements in memory and learning capacity. The following TED Talks relate to the topics of trying new things and the journey of life.

Matt Cutts: Try Something New for 30 Days  
<https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days>

Brené Brown: The Power of Vulnerability  
[https://www.ted.com/talks/brene\_brown\_on\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability?)

Richard St. John: Success is a Continuous Journey  
<https://www.ted.com/talks/richard_st_john_success_is_a_continuous_journey>

Tony Robbins: Why We Do What We Do  
<https://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do>

David Brooks: Should you live for your résumé ... or your eulogy?  
<https://www.ted.com/talks/david_brooks_should_you_live_for_your_resume_or_your_eulogy>

Lu Ann Cahn: Why We Must Do New Things to Live a Happier Life  
<https://www.youtube.com/watch?v=ATHb_LskphI>