



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

Financial resources:

Daveramsey.com
Clark.com
Everydaycheapskate.com

Massive Online Open Courses (MOOCs):

edX.org
coursera.com
udacity.com
gclearnfree.com

A few favorite TED talk authors:

Shawn Achor
Amy Cuddy
Brene Brown
Susan Cain
Brendon Burchard
Simon Sinek
Marcus Buckingham

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

Favorite magazines:

SUCCESS
Harvard Business Review
Psychology Today

Podcast:

The Minimalists

Suggestions from your peers: