

LIVE BIG[®] LIFE HACKS RESOURCE GUIDE

***Many thanks to our engaged attendees for your fruitful contributions to this resource guide! We continue to welcome all suggestions – what resources do you use as Live Big life hacks?*

SAVE MONEY

1. Get rewarded for regular spending.
 - [Rakuten](#)
 - [The Points Guy](#)
2. Take advantage of birthday rewards.
 - Birthday Rewards:
 - [Krazy Coupon Lady](#)
 - [The Best 149 Birthday Freebies](#)
 - [Veterans also get many free things on Veterans Day!](#)**
 - [NFCU Flagship Credit Card reimburses you for Amazon Prime Membership for one year.](#)**
3. Put your finances on autopilot.

SAVE TIME

4. Increase your productivity with technology gadgets.
 - Best Portable Monitors
 - [PCMag](#)
 - [TechRadar](#)
 - [Best Lighting for Webcam Streaming](#)
 - [Top 5 Laser Keyboards](#)
 - Best Smart Plugs
 - [CNET](#)
 - [PCMag](#)
 - [GoSund](#)
5. Diversify your culinary palate from your couch.
 - Delivery
 - [DoorDash](#)
 - [UberEats](#)
 - [GrubHub](#)
 - [Postmates](#)
 - Prepared Meals

- Uncooked
 - [Hello Fresh](#)
 - [Blue Apron](#)
 - Cooked
 - [Territory Foods](#)
 - [Daily Harvest](#)
6. Reduce fear, anxiety, and loss with an emergency plan.
- [Survival Guide \(San Francisco Chronicle\)](#)
 - [Emergency Kit \(Red Cross\)](#)
 - Yeske Buie Sample Reports
 - [Beneficiary Summary](#)
 - [Insurance Summary](#)
 - [Estate Document Summary](#)
 - [Estate Flowchart](#)
 - [If you are in a FEMA disaster area, assistance may be available to you.**](#)
 - [How to Pack an Emergency Bag**](#)

SAVE MONEY & TIME

7. Stick to your meal plan and your budget – and avoid impulse buys!
- [Instacart](#)
 - [Whole Foods Market](#)
8. Leave your laundry to the professionals and spend your time the way you want to.
- [Rinse](#)
 - [Purple Tie**](#)
9. Strengthen your immune system, strengthen your wallet.
- [Yoga with Adriene](#)
 - [YouTube channel](#)
 - Best Fitness Trackers
 - [PCMag](#)
 - [TechRadar](#)
 - [Best At-Home Workout Equipment](#)
 - Not listed: [The Mirror](#)
 - [Playing Cards – Full Body Workouts](#)

BOOST YOUR BRAIN

10. Go for short learning sessions.

- Newsletters
 - [Best 2020 Newsletters](#)
 - [NYTimes Newsletters](#)
 - [SF Chronicle Morning Fix](#)
 - [TheSkimm](#)
 - [Morning Brew](#)
 - [The Hustle](#)
 - [Bloomberg 5 Things You Need to Know to Start Your Day**](#)

 - Podcasts
 - [Apple Podcasts](#)
 - [Google Podcasts](#)
 - [NPR Podcasts](#)
 - [Spotify](#)
 - [The Daily](#)
 - [Best Podcast Apps](#)
11. Engage with the content you're digesting.
- [How to set up Hey Siri on your iPhone or iPad](#)
 - [How to access Google Assistant](#)
 - [How to use Hey Siri to make notes \(and then find them!\)](#)
 - [How to set reminders with Hey Siri](#)
 - [How to change podcast playback speed on Apple Podcasts on iPhone](#)
 - [How to speed up video and audio playback](#)
12. Make learning fun!
13. Add a leisurely form of multitasking to your schedule with podcasts, videos, and audiobooks.
- [Audible](#)
 - [Audio Books](#)
 - [Google Play Books](#)
 - [Scribd**](#)
 - [The Great Courses**](#)
14. Follow your role model – put people in your life who inspire you.
15. Join a book club.
- [10 Virtual Book Clubs You Can Join Now](#)
 - [20 Virtual Book Clubs](#)

- [7 Best Virtual Book Clubs](#)
- 16. Didn't get to everything you'd hoped to read during the day? Archive articles you find interesting and read them before bed.
- 17. Strengthen your brain with interactive games.
 - [NYTimes Crossword App](#)
 - [Lumosity](#)
 - [Best Puzzle Games on Phone \(iPhone and Android\)](#)
 - [Best Word Games](#)
- 18. Take a virtual class to learn something new.
 - [Masterclass](#)
 - [Khan Academy](#)
 - [Udemy](#)
 - [Coursera](#)**
 - [YouTube](#)**

LIVE BIG

- 19. Decide what's important to you, and don't compromise your values.
 - [Investing Your Time and Energy Worksheet](#): *This tool will help you to visualize the future with a better understanding of what brings you the greatest intrinsic rewards and the deepest sense of meaning and purpose.*
- 20. Embrace JOMO (Joy of Missing Out), not FOMO (Fear of Missing Out)
 - [FOMO vs. JOMO: How to Embrace the Joy of Missing Out](#)
 - [COVID-19 Demands We Embrace JOMO](#)
 - [Meet JOMO](#)
- 21. Fully embrace today, no matter the situation.
- 22. Spend Time in Nature
 - [Find a National Park Near You](#)
 - [Park Finder – Find Local and Regional Parks in Your Area](#)
- 23. Use more of your mental camera.
 - *Next time you feel the need to snap a photo and post online, don't. Enjoy the moment for what it is.*
- 24. Journal More

- [Commit30 Fitness Journal](#): *The Commit30 Fitness Journal helps you focus on movement, nutrition, mindfulness and motivation one day at a time.*
- [Commit30 Joy Journal](#): *A simple sentence scribbled in your journal is enough to chronicle your moments of gratitude and joy.*
- [Bullet Journal](#): *The mindfulness practice disguised as a productivity system.*
- [Full Focus Planner](#): *The Full Focus Planner ends the tyranny of the never-ending to-do list by helping you focus on what matters most: clear goals, less overwhelm, progress and prioritization*
- [Moleskine Classic Journal](#): *Moleskine classic notebooks are perfect notebooks for writing journals, a daily diary, or note taking in college classes or meetings.*

25. Find Calm in Making Art

- [Paint the Town](#): *A virtual and mobile entertainment service that helps guests socialize, explore their creative side, and take home amazing memories and unique masterpieces.*

26. Eat, Drink, and Be Merry

- [Virtual Happy Hour with Cocktail Courier](#): *We take the best recipes from the nation's top bartenders, make them into delicious cocktail kits. You get to "wow" your friends and enjoy bar quality drinks at home!*
- [Sur La Table Online Cooking Class](#): *Join our expert chefs live from the comfort of your own kitchen for fun, hands-on classes that cover everything from mise en place to plating.*

27. Connect with Loved Ones

- Games you can play via Zoom
 - [Yahtzee](#)
 - Scattergories:
 - [Original Lists](#),
 - [Random Letter Generator](#), and
 - [The Timer!](#)
 - [Word Generator](#)
 - *Use this to play Pictionary, Charades, Catchphrase, and more!*
- Other ideas with loved ones...
 - Cook a meal together
 - Attend an online event together
 - Make up a scavenger hunt for items around your home
 - Host a trivia night
 - Read a book together

28. Try Something New

- [Air Bnb Online Experiences](#)



- Go on a Leopard Safari in Sri Lanka
- Family Magic Show and Magic Lesson
- Bake French Pastries in Paris
- Discover Buenos Aires Street Art and Sketch
- Learn Sign Language Through Games

29. Make a plan to attain your Live Big life and execute it.

- [Your Yeske Buie team is a life hack!](#)