

Hello to you all,

Thank you for participating at the webinar, I was happy you have enjoyed it and hope it will help you to be more motivated, find your IKIGAI and be an everyday hero :)

Here is the follow-up I have promised.

Link to the recording is [here](#).

And here is the list of apps, books, podcasts, etc.

Apps:

- [Forrest](#) - planting trees & focusing at the same time
- Flow-List for [iOS](#) and [Android](#)

Books:

- Cal Newport: Deep Work
- Randy Pausch: Last Lecture
- Jonatan Haidt: Happiness Hypothesis
- Philip Zimbardo: Lucifer Effect
- And of course our - Petr Ludwig & Adela Schicker: [The End of Procrastination](#)

Videos:

- About time being your most valuable commodity: http://www.ted.com/talks/ric_elias
- The one from Randy Pausch and his Last Lecture: http://www.ted.com/talks/randy_pausch_really_achieving_your_childhood_dreams
- From Dan Pink about motivation: http://www.ted.com/talks/dan_pink_on_motivation
- And about IKIGAI and the meaning behind it: http://www.ted.com/talks/dan_buettner_how_to_live_to_be_100

If you are feeling low or sad:

- UpLift for depression <https://www.uplift.app>
- Mind Ease for anxiety <https://mindease.io/>- works well on both Android and iPhone

Podcasts you might enjoy:

- Rationally Speaking - <https://www.stitcher.com/podcast/rationally-speaking>
- This American Life (fascinating true stories) - <https://www.stitcher.com/podcast/this-american-life>
- 80,000 hours (about how to do more good) - <https://80000hours.org/podcast/>
- By the Book (about self-improvement) - <https://www.stitcher.com/podcast/stitcher/by-the-book>

& If you need any of the tools from the webinar, you can download them for free here:

<https://procrastination.com/working-materials> (Habit-List, Flow List and others)

Please do not hesitate to share other tips with me, preferably about how to stay in workout clothes all day and how that will motivate me to go running at the end of it (I love those) and thank you again, stay in touch and have a great day,

Adela (@adelaschicker)

PS: My dog says hi you all :)