READ-ALOUD CARDS · NO AUDIO YET

30 lists, one favorite item each



One card per list: why I wrote it, and the single item I would read you if we had sixty seconds. Read them out loud. They are short on purpose.

CARD 1 · OUR LIFE IN LISTS OF 30

30 Self-Proclaimed Titles

Why this list? Sometimes I think about being interviewed on a TV show / documentary and looking at my title overlay. What would it say?

Number 10: Professional Daydreamer – It's healthy to daydream once a week. Just let your mind wander. I tend to daydream in the shower. Something about being naked in warm water stimulates my brain.

~See Lemons Daydream Weekly

CARD 2 · OUR LIFE IN LISTS OF 30

30 Principles for Writing Lists of 30

Why this list? I'm obsessed with writing lists of 30. It all started from my Epic 30 Day Challenge in 2012 and the subsequent 30 Lists of 30 Challenge.

Number 22: If you get really stuck, try to make ridiculous jokes about the topic.

~See Lemons Make Ridiculous Jokes

CARD 3 · OUR LIFE IN LISTS OF 30

30 Reasons Why I Love Lists of 30

Why this list? If you know me, you know I love writing lists (and specifically lists of 30) on fairly random topics. I've written principles on how to write these lists, but never thought about why I love them so much.

Number 28: They're calming, yet puzzling as a perfect routine task for distressing.

~See Lemons Find Your Routine

CARD 4 · OUR LIFE IN LISTS OF 30

30 Lessons From Writing 500 Blog Posts

Why this list? Milestones – What a feeling you get when you reach them! Pride.

Number 28: For editing, read your own writing out loud as if to someone you admire.

~See Lemons Read It Out Loud

CARD 5 · MY LIFE IN LISTS OF 30

30 Random Observation/Comments

Why this list? Out of the a little over 500 entries I've published since writing this, there is bound to be something profound in my observations/comments that I like enough to note.

Number 27: #274: I love adding things to my bucket list unintentionally and then checking them off immediately. Dog sled across a glacier. Check. Eat Minke Whale. Check.

~See Lemons Check It Off

CARD 6 · MY LIFE IN LISTS OF 30

30 Bad Idea Bear Traits

Why this list? You may think you're a bad idea bear, but you don't have all the koalafications.

Number 28: Willing to play the cow game.

~See Lemons Play the Cow Game

CARD 7 · MY LIFE IN LISTS OF 30

30 Traveling Tips

Why this list? If you want to master travel, you're going to need to know a few tips to maximize your fun and minimize the headaches.

Number 22: Send postcards to your loved ones from wherever you end up - this will give you brownie points no matter what.

~See Lemons Send a Postcard

CARD 8 · MY LIFE IN LISTS OF 30

30 Cooking Tips

Why this list? I think everyone CAN learn how to cook and everyone SHOULD pick up at least 5 recipes. Yes, it takes some time to learn and it also takes some initial spending on supplies, but you can't just rely on canned soups and take-out Chinese food every night, right?

Number 28: Remember, sauce compliments the food; it does not drown it.

~See Lemons Sauce Responsibly

CARD 9 · MY LIFE IN LISTS OF 30

30 Early Career Advice

Why this list? Those graduating from college often bump into a wall that I like to call “Now What?” You did what they were told, but now that you’re in the real world, you get to tell yourself what to do and choose whether or not you can have breakfast foods for all 3 meals. Awesome, but totally scary.

Number 23: Help your peers – don’t compete with them. Life is not a competition and you’ll find helping other people will benefit you later on.

~See Lemons Help Your Peers

CARD 10 · MY LIFE IN LISTS OF 30

30 Small Talk Tips

Why this list? Although I don't like small talk and banter, I think it has its own purpose. It combs the field of subjects and categories to find commonality and connection.

Number 9: Have a back pocket of stories.

~See Lemons Tell a Story

CARD 11 · MY LIFE IN LISTS OF 30

30 Personal #Lifehacks

Why this list? I have tricks up my sleeves that I use almost every day to save time or save energy. Maybe you can use some of them to help you through your life.

Number 29: Set aside time to do nothing but daydream.

~See Lemons Daydream

CARD 12 · MY LIFE IN LISTS OF 30

30 15-minute Activities

Why this list? Jason Womack suggested this in his GetMomentum module around productivity. When you break your day down to 15-minute chunks, you can manage and complete medium-sized tasks within an uninterrupted time.

Number 6: Write a postcard or Thank you note (Once a week)

~See Lemons Write a Thank You Note

CARD 13 · MY LIFE IN LISTS OF 30

30 Ways to Maintain Meaningful Relationships

Why this list? It takes hard work to maintain a healthy and deep relationship of trust and high-fives. Here are some of the things I do to stay in touch.

Number 30: Tell them they're awesome.

~See Lemons Tell Someone They're Awesome

CARD 14 · MY LIFE IN LISTS OF 30

30 Priceless Birthday Gifts

Why this list? So you want to wish me a happy birthday because it's a nice thing to do (and you're a pretty nice guy/gal) and this is a part of your genuinely productive routine of using Facebook in the morning. If you were to be so generous to make an extra effort (completely free of buying me gifts), what else could you do to make my day?

Number 29: Challenge me to a table tennis match.

~See Lemons Pick Up a Paddle

CARD 15 · MY LIFE IN LISTS OF 30

30 Motivation Tips

Why this list? Motivation comes from purpose and I believe purpose is something we fabricate from feeling loved, needed, attention, recognition, or just simple delusion. The key is to feed all of those things without being smart enough to see past it.

Number 29: Hug a stuffed animal.

~See Lemons Hug It Out

CARD 16 · MY LIFE IN LISTS OF 30

30 Values of Disconnecting

Why this list? With the growth of our constant access to the Internet, it's not surprising that a lot of people are doing these "digital cleansing" phases. During these times, we go offline, off the grid, disconnect, see people, do physical things and not worry about bragging about it to the world 5 seconds later.

Number 4: You don't try to capture the moment in a timeline, but save it in your memory.

~See Lemons Remember the Moment

CARD 17 · MY LIFE IN LISTS OF 30

30 Questions I'd Ask Future Clemens

Why this list? I live close to a quarter of my life in the future: planning, dreaming, extrapolating, designing, guessing, strategizing, etc. (I spend the other quarter in the past and the half in the present, but I'll tackle that later).

Number 24: Are the people around you happy?

~See Lemons Ask Future You

CARD 18 · MY LIFE IN LISTS OF 30

30 Wouldn't it be cool if...

Why this list? I live in a reality that's limited and constrained by laws, but my imagination knows no such limits. It can keep following thoughts and building an impossible universe... Wouldn't it be cool if...

Number 29: ...we could talk to our pets and find out if they all have British accents.

~See Lemons Talk to Your Pets

CARD 19 · MY LIFE IN LISTS OF 30

30 Things to Teach my Future Kid

Why this list? My parents taught me quite a few things that I hope to teach my future kid. Hopefully they will just learn them without resisting and one day hating me because "I don't understand them" or "I'm not as cool as I used to be." Did I mention kids scare me (but I'll probably be a decent father)?

Number 1: Classy never goes out of style.

~See Lemons Stay Classy

CARD 20 · MY LIFE IN LISTS OF 30

30 Random Acts of Kindness

Why this list? Some people are really nice - I don't mean nice because they have an agenda, but just nice because they have a great attitude about helping others. I truly salute these people and want to tell them that their efforts have been noted.

Number 24: Really nice teenager gives a young lady his umbrella while it was pouring and just walks away with his friends.

~See Lemons Share Your Umbrella

CARD 21 · OUR LIFE IN LISTS OF 30

30 Things in the First 30 Days

Why this list? I [2015] haven't "started over" at a new company for 6 years. Sure, I meet people all the time through networking and can hold my own conversations, but working somewhere is like being adopted into a new family.

Number 30: Send out a badass introduction about yourself.

~See Lemons Introduce Yourself

CARD 22 · OUR LIFE IN LISTS OF 30

30 Business Jargon Phrases

Why this list? I met a fellow engineer who entered the corporate world, and he viewed the business meetings and emails with the same curiosity and humor as myself. Those who have advanced to higher positions are extremely talented in speaking eloquently and using interesting common business terms that relate to everyday life.

Number 14: "I just want to make sure we're on the same page."

~See Lemons Get on the Same Page

CARD 23 · OUR LIFE IN LISTS OF 30

30 Little Things

Why this list? Happiness comes in little doses. If you see it, stop whatever you're doing and commit it to memory.

Number 4: A random high five.

~See Lemons High-Five a Stranger

CARD 24 · OUR LIFE IN LISTS OF 30

30 Micro Resolutions

Why this list? Little actions can make big changes. This is true for all positive and negative aspects of life.

Number 29: Try to answer with a joke instead of a judgment - Find out what you can smile about in a bad situation.

~See Lemons Joke Instead of Judge

CARD 25 · OUR LIFE IN LISTS OF 30

30 Pieces of Advice for my 20s

Why this list? We have so much expectation for our younger selves. Hindsight is 20-20.

Number 25: Challenge yourself to do hard things – Doing hard things is hard. Have you ever solved a super hard sudoku and hit a bunch of dead ends with conflicts? Have you worked on a programming problem and found some failed test cases? Gah. Bugs. I think the exertion and uncomfortable nature of learning is key to excellence. You push through the sweat and jump over the wall to reach the next hurdle.

~See Lemons Do Hard Things

CARD 26 · OUR LIFE IN LISTS OF 30

30 Drinking Tips for 30-year-olds

Why this list? There are a lot of reasons why drinking changes for your 30s. It's no longer about getting drunk and pulling off shenanigans – it's more about being social and catching up with people in your limited time juggling multiple "grown up" responsibilities.

Number 26: Buy a round for your friends – If you have a regular group of drinking buddies or someone buys you a drink, order them a round every once in a while. It's the right thing to do when you're having a good time.

~See Lemons Buy the Next Round

CARD 27 · OUR LIFE IN LISTS OF 30

30 Year End Activities

Why this list? I didn't realize that I have a lot of odd habits when it gets close to the end of the year. Some of these are backwards-looking.

Number 30: Make a food resolution – Eat more, Eat better, and Eat more better.

~See Lemons Eat More Better

CARD 28 · OUR LIFE IN LISTS OF 30

30 Signs of Parenting Addiction

Why this list? We love parenting. It's really difficult and sometimes boring, but also unexpectedly exciting.

Number 30: Writing blog posts on random topics about parenting to one day show her how much we love her.

~See Lemons Write It Down for Her

CARD 29 · OUR LIFE IN LISTS OF 30

30 Toddler Calming Techniques

Why this list? Your infant has transitioned into toddlerhood. Oh, joy.

Number 28: Pick her up and give her some snuggles (because that usually works).

~See Lemons Snuggle

CARD 30 · OUR LIFE IN LISTS OF 30

30 Things I Love About Evie

Why this list? Being a new father is amazing. I swell with pride and interest with every monthly milestone met, even though I know it's all going far too quickly.

Number 30: Be Silly – I believe this is the most important part to never growing up and leads to the longer term enjoyment of the journey. While there's a lot of pressure, I can't take life too seriously.

~See Lemons Be Silly