

# Financial and Life Planning Resources

## CAP STRAT

- Invest in a conversation
- CAP STRAT You Tube Channel
- CAP STRAT Women's Forum

## Other Resources

- Your retirement plan's website
- Existing advisory relationship
- HerMoney.com with Jean Chatzky

## Articles and Books

- [The Upside of Feeling Uncertain About Your Career](#): HBR 2022
- [Three Phases of Making a Major Life Change](#): HBR 2021
- [How to Plan for Your Next Act](#): Chief 2021
- [Simple Abundance](#) by Sara Ban Breathnach

## Ted Talks and Conversations

- [Happiness in the Second Half of Life](#) with Arthur C. Brooks
- [How to Overcome Fear](#) Ted Talk with Trevor Ragan
- [Intentional Pause Project](#) by Kim Alexis Newton

## Purpose and Longevity

- Values Worksheet (pdf) by Dr. Lauren Hodges
- [Stanford Center for Longevity](#)

