

60 TED Talks

A Weekly Viewing Plan for the Milestone Year

Pace: one talk per week, 60 weeks, Aug 17, 2026 → Oct 4, 2027 — running alongside the audiobook plan.

Arc: the sequence moves inward → outward → onward: start with purpose, build voice and leadership, open into connection, ground in the body, face the machine age, widen to society, step back into wonder, and land on legacy — full circle, ending on the same note the year began on: how to live well.

Each talk runs roughly 10–20 minutes. Titles are hyperlinked to a pre-filled YouTube search for that exact talk — the correct video is reliably the top result.

PHASE 1

Foundations: Purpose & Mindset

Weeks 1–8

Setting the frame for the year before anything else.

Wk	Date	Speaker	Talk (linked)
1	Aug 17, 2026	Dan Gilbert	The Surprising Science of Happiness
2	Aug 24, 2026	Barry Schwartz	The Paradox of Choice
3	Aug 31, 2026	Emily Esfahani Smith	There's More to Life Than Being Happy
4	Sep 07, 2026	Nigel Marsh	How to Make Work-Life Balance Work
5	Sep 14, 2026	Alain de Botton	A Kinder, Gentler Philosophy of Success
6	Sep 21, 2026	Susan David	The Gift and Power of Emotional Courage
7	Sep 28, 2026	Chip Conley	Measuring What Makes Life Worthwhile
8	Oct 05, 2026	Jane McGonigal	The Game That Can Give You 10 Extra Years of Life

PHASE 2

Creative Voice

Weeks 9–15

Purpose clarified, now toward expression.

Wk	Date	Speaker	Talk (linked)
9	Oct 12, 2026	Elizabeth Gilbert	Your Elusive Creative Genius
10	Oct 19, 2026	Sir Ken Robinson	Do Schools Kill Creativity?
11	Oct 26, 2026	Tim Urban	Inside the Mind of a Master Procrastinator
12	Nov 02, 2026	Amy Tan	Where Does Creativity Hide?
13	Nov 09, 2026	Andrew Stanton	The Clues to a Great Story
14	Nov 16, 2026	Julian Treasure	How to Speak So That People Want to Listen
15	Nov 23, 2026	Chimamanda Ngozi Adichie	The Danger of a Single Story

PHASE 3

Leading & Building

Weeks 16–23

Applying voice and purpose to work and influence.

Wk	Date	Speaker	Talk (linked)
16	Nov 30, 2026	Susan Cain	The Power of Introverts
17	Dec 07, 2026	Amy Cuddy	Your Body Language May Shape Who You Are
18	Dec 14, 2026	Angela Duckworth	Grit: The Power of Passion and Perseverance
19	Dec 21, 2026	Drew Dudley	Everyday Leadership
20	Dec 28, 2026	Simon Sinek	How Great Leaders Inspire Action
21	Jan 04, 2027	Margaret Heffernan	Dare to Disagree
22	Jan 11, 2027	Linda Hill	How to Manage for Collective Creativity
23	Jan 18, 2027	Derek Sivers	How to Start a Movement

PHASE 4

Connection

Weeks 24–29

From leading others to being known by them.

Wk	Date	Speaker	Talk (linked)
24	Jan 25, 2027	Mandy Len Catron	Falling in Love Is the Easiest Thing
25	Feb 01, 2027	Brené Brown	The Power of Vulnerability
26	Feb 08, 2027	Esther Perel	The Secret to Desire in a Long-Term Relationship
27	Feb 15, 2027	Celeste Headlee	10 Ways to Have a Better Conversation
28	Feb 22, 2027	Sherry Turkle	Connected, But Alone?
29	Mar 01, 2027	Robert Waldinger	What Makes a Good Life? Lessons from the Longest Study on Happiness

PHASE 5

The Body

Weeks 30–36

Grounding the year in physical reality.

Wk	Date	Speaker	Talk (linked)
30	Mar 08, 2027	Wendy Suzuki	The Brain-Changing Benefits of Exercise
31	Mar 15, 2027	Matthew Walker	Sleep Is Your Superpower
32	Mar 22, 2027	Kelly McGonigal	How to Make Stress Your Friend
33	Mar 29, 2027	Peter Attia	What If We're Wrong About Diabetes?
34	Apr 05, 2027	Johann Hari	Everything You Think You Know About Addiction Is Wrong

Wk	Date	Speaker	Talk (linked)
35	Apr 12, 2027	Dan Buettner	How to Live to Be 100+
36	Apr 19, 2027	Jane Fonda	Life's Third Act

PHASE 6

The Machine Age

Weeks 37–44

Turning outward to the forces reshaping the world you work in.

Wk	Date	Speaker	Talk (linked)
37	Apr 26, 2027	Fei-Fei Li	How We're Teaching Computers to Understand Pictures
38	May 03, 2027	Sebastian Thrun	Google's Driverless Car
39	May 10, 2027	Jeremy Howard	The Wonderful and Terrifying Implications of Computers That Can Learn
40	May 17, 2027	Garry Kasparov	Don't Fear Intelligent Machines. Work With Them
41	May 24, 2027	Grady Booch	Don't Fear Superintelligent AI
42	May 31, 2027	Stuart Russell	3 Principles for Creating Safer AI
43	Jun 07, 2027	Sam Harris	Can We Build AI Without Losing Control Over It?
44	Jun 14, 2027	Kai-Fu Lee	How AI Can Save Our Humanity

PHASE 7

The Wider World

Weeks 45–50

Zooming out to economics, behavior, and society.

Wk	Date	Speaker	Talk (linked)
45	Jun 21, 2027	Hans Rosling	The Best Stats You've Ever Seen
46	Jun 28, 2027	Daniel Kahneman	The Riddle of Experience vs. Memory
47	Jul 05, 2027	Dan Ariely	Are We in Control of Our Own Decisions?
48	Jul 12, 2027	Esther Duflo	Social Experiments to Fight Poverty
49	Jul 19, 2027	Rutger Bregman	Poverty Isn't a Lack of Character; It's a Lack of Cash
50	Jul 26, 2027	Robert Reich	How to Shrink Income Inequality

PHASE 8

Wonder

Weeks 51–56

Pulling back further still — mind, cosmos, and what's actually real.

Wk	Date	Speaker	Talk (linked)
51	Aug 02, 2027	Jill Bolte Taylor	My Stroke of Insight
52	Aug 09, 2027	Anil Seth	Your Brain Hallucinates Your Conscious Reality
53	Aug 16, 2027	Robert Sapolsky	The Biology of Our Best and Worst Selves
54	Aug 23, 2027	Brian Greene	Is Our Universe the Only Universe?
55	Aug 30, 2027	Janna Levin	The Sound the Universe Makes
56	Sep 06, 2027	David Deutsch	A New Way to Explain Explanation

PHASE 9

Legacy & the Long View

Weeks 57–60

The capstone — bringing the year back to why it began.

Wk	Date	Speaker	Talk (linked)
57	Sep 13, 2027	Stephen Cave	The 4 Stories We Tell Ourselves About Death
58	Sep 20, 2027	BJ Miller	What Really Matters at the End of Life
59	Sep 27, 2027	Alua Arthur	What a Death Doula Wants You to Know About Dying
60	Oct 04, 2027	Randy Pausch	Really Achieving Your Childhood Dreams (The Last Lecture)

Optional accelerated pace: two talks per week finishes the full list in about seven months, if you'd rather run it alongside a shorter stretch of the audiobook plan.