

FROM
THE GREEN
NOTEBOOK



THE PODCAST



“If you never take time to stop and evaluate how your journey has gone up to this point, you never have the opportunity to learn from your mistakes. You never have the opportunity to grow or get better or change in positive ways.”

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KYLE SCHEELE

Speaker and Author of *How to Host a Viking Funeral*

Kyle Scheele, author of [How to Host a Viking Funeral: The Case for Burning Your Regrets, Chasing Your Crazy Ideas, and Becoming the Person You're Meant to Be](#) joins the podcast to tell the inspiring story of when he asked people to send him their life's regrets to burn in a viking funeral featuring a [30-foot viking ship he built out of cardboard](#). Kyle received over 20k responses from around the world and shares what he learned about letting go of the

past so that we can live a more fulfilling life.

Click [here](#) to to listen to the episode.

About Kyle (@kylescheele)

Kyle Scheele is on a mission to build a better world. He is an inspiring author, speaker, and cardboarder who has challenged tens of thousands of students across the nation to build a better world.

Whether he's keynoting to an arena full of students, singing "Don't Stop Believing" with 37,000 friends, or building yet another cardboard masterpiece,

Kyle is constantly working on one thing: closing the gap between the way the world is and the way it could be.

Kyle has spoken to over 350,000 audience members in 49 states. His projects have been featured by outlets like Upworthy, BuzzFeed, WIRED, Fast Company, Mashable, Laughing Squid, MAKE Magazine, and more.

When he's not on a plane or a stage, Kyle is at home in Springfield, MO, where he lives with his beautiful wife Lindsay and their four crazy kids. He's still not sure how he ended up with such an incredible family, but he's trying to lay low in case this whole thing was some sort of mistake.

In his free time, Kyle enjoys reading, creating TikTok videos, and building weird stuff out of cardboard.

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