






















MAKE 2022 THE YEAR OF ACHIEVING GOALS

HAPPY NEW YEAR

Welcome to 2022! The **New Year** is a time full of optimism and possibility when we **reflect**, we **dream big**, and we **set goals** for the future. However, research suggests that while about half of us set goals at the start of each new year, only about 8% of us achieve them. Yikes!

This year, we invite you to participate in the **New Year New You LinkedIn Learning Challenge**, kicking off **January 25th** designed to help you set realistic goals, hold yourself accountable, and create habits that stick.

Challenge yourself to complete each day's short learning. Each can be completed in ~5 minutes. **Initial each day when you've completed** to keep yourself on track. Happy New Year, and happy learning!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>Challenge Starts Tomorrow!</p> 	<p>25</p> <p>Video : How to Set and Achieve Better Goals (2m 27s)</p> <p>Pop Quiz : Limited goals helps you manage your time <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>26</p> <p>Activity : What's one task-oriented goal you'd like to achieve by the end of this week?</p> <hr/> <hr/> <hr/>	<p>27</p> <p>Video : Define Your Goals (3m 30s)</p>	<p>28</p> <p>Activity : Spend 5 minutes brainstorming and writing out your self-development goals for 2021</p> <p>Initial when complete: ____</p>
<p>31</p> <p>Activity : What's one task-oriented goal you'd like to achieve by the end of this week?</p> <hr/> <hr/> <hr/>	<p>1</p> <p>Video : Yearly Planning to Support Goals (3m 52s)</p>	<p>2</p> <p>Video : Plan for Success (4m 6s)</p>	<p>3</p> <p>Video : Habits for Success (3m 4s)</p> <p>Pop Quiz : On average, how many days does it take to build a habit? a) 35 b) 66</p>	<p>4</p> <p>Video : Seven Ways to Increase Self-Discipline (4m 12s)</p>
<p>7</p> <p>Pop Quiz : Which of these is NOT a way to increase self-discipline?</p> <p>a) Know your patterns b) Start small c) Meditation d) Increase temptations</p>	<p>8</p> <p>Video : Creating Productive Habits (2m 53s)</p> <p>Pop Quiz : Most people are more productive after lunch <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>9</p> <p>Video : Habit Distinctions and the Four Tendencies (5m 25s)</p> <p>Activity : Which do you relate to? <input type="checkbox"/> Upholder <input type="checkbox"/> Obliger <input type="checkbox"/> Questioner <input type="checkbox"/> Rebel</p>	<p>10</p> <p>Video : The Essential Role of Repetition (2m 48s)</p> <p>Video : Measure Your Growth (2m 6s)</p>	<p>11</p> <p>Activity : List your biggest takeaway(s) from the January Challenge</p> <hr/> <hr/> <hr/>