

# 2021

## HAPPY NEW YEAR

### LinkedIn Learning New Year Challenge: 2021 Edition

Welcome to 2021! 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 **LinkedIn Learning New Year Challenge**, kicking off **January 12<sup>th</sup>**, 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><b>11</b></p> <p><b>Challenge Starts Tomorrow!</b></p> <p>→</p>	<p><b>12</b></p> <p><b>Video</b> ▶: <a href="#">How to Set and Achieve Better Goals</a> (2m 27s)</p> <p><b>Pop Quiz</b> 📄: Limited goals helps you manage your time  <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p><b>13</b></p> <p><b>Activity</b> 🎯: What's one task-oriented goal you'd like to achieve by the end of this week?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>14</b></p> <p><b>Video</b> ▶: <a href="#">Define Your Goals</a> (3m 30s)</p>	<p><b>15</b></p> <p><b>Activity</b> 🎯: Spend 5 minutes brainstorming and writing out your self-development goals for 2021</p> <p>Initial when complete: _____</p>
<p><b>18</b></p> <p><b>Dr. Martin Luther King Jr. Day</b></p>	<p><b>19</b></p> <p><b>Video</b> ▶: <a href="#">Yearly Planning to Support Goals</a> (3m 52s)</p>	<p><b>20</b></p> <p><b>Video</b> ▶: <a href="#">Plan for Success</a> (4m 6s)</p>	<p><b>21</b></p> <p><b>Video</b> ▶: <a href="#">Habits for Success</a> (3m 4s)</p> <p><b>Pop Quiz</b> 📄: On average, how many days does it take to build a habit?  a) 35 b) 66</p>	<p><b>22</b></p> <p><b>Video</b> ▶: <a href="#">Seven Ways to Increase Self-Discipline</a> (4m 12s)</p>
<p><b>25</b></p> <p><b>Pop Quiz</b> 📄: 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><b>26</b></p> <p><b>Video</b> ▶: <a href="#">Creating Productive Habits</a> (2m 53s)</p> <p><b>Pop Quiz</b> 📄: Most people are more productive after lunch  <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p><b>27</b></p> <p><b>Video</b> ▶: <a href="#">Habit Distinctions and the Four Tendencies</a> (5m 25s)</p> <p><b>Activity</b> 🎯: Which do you relate to?  <input type="checkbox"/> Upholder <input type="checkbox"/> Obliger  <input type="checkbox"/> Questioner <input type="checkbox"/> Rebel</p>	<p><b>28</b></p> <p><b>Video</b> ▶: <a href="#">The Essential Role of Repetition</a> (2m 48s)</p> <p><b>Video</b> ▶: <a href="#">Measure Your Growth</a> (2m 6s)</p>	<p><b>29</b></p> <p><b>Activity</b> 🎯: List your biggest takeaway(s) from the January Challenge</p> <p>_____</p> <p>_____</p> <p>_____</p>