

Kickstart your New Year Learner Challenge.

LinkedIn Learning






















LinkedIn Learning New Year Challenge: 2022 Edition

Welcome to 2022! The **New Year** is a time full of possibility when we **reflect** on the past and **set goals** for the future. While about half of us set goals at the start of each year, only about **8%** of us **achieve those goals**. Yikes!

This year, we invite you to participate in the **LinkedIn Learning New Year Challenge**, kicking off **January 11th**, 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>10</p> <p>Challenge Starts Tomorrow!</p> 	<p>11</p> <p>Video :</p> <p>How to Set and Achieve Better Goals (2m 27s)</p> <p>Pop Quiz :</p> <p>Limited goals helps you manage your time</p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>12</p> <p>Activity :</p> <p>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>13</p> <p>Video :</p> <p>Define Your Goals (3m 30s)</p>	<p>14</p> <p>Activity :</p> <p>Spend 5 minutes brainstorming and writing out your self-development goals for 2022</p> <p>Initial when complete: _____</p>
<p>17</p> <p>Dr. Martin Luther King Jr. Day</p>	<p>18</p> <p>Video :</p> <p>Yearly Planning to Support Goals (3m 52s)</p>	<p>19</p> <p>Video :</p> <p>Plan for Success (4m 6s)</p>	<p>20</p> <p>Video :</p> <p>Habits for Success (3m 4s)</p> <p>Pop Quiz :</p> <p>On average, it takes _____ days to build a habit.</p> <p>a) 35 b) 66</p>	<p>21</p> <p>Video :</p> <p>Seven Ways to Increase Self-Discipline (4m 12s)</p>
<p>24</p> <p>Pop Quiz :</p> <p>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>25</p> <p>Video :</p> <p>Creating Productive Habits (2m 53s)</p> <p>Pop Quiz :</p> <p>Most people are more productive after lunch</p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>26</p> <p>Video :</p> <p>The Four Tendencies (1m 32s)</p> <p>Activity :</p> <p>Which do you relate to?</p> <p><input type="checkbox"/> Upholder <input type="checkbox"/> Obliger <input type="checkbox"/> Questioner <input type="checkbox"/> Rebel</p>	<p>27</p> <p>Video :</p> <p>The Essential Role of Repetition (2m 48s)</p> <p>Video :</p> <p>Measure Your Growth (2m 6s)</p>	<p>28</p> <p>Activity :</p> <p>List your biggest takeaway(s) from the January Challenge</p> <p>_____</p> <p>_____</p> <p>_____</p>