

Master goal setting

Learn strategies that can help you set and prioritize goals. Don't worry if you miss a day — you can always catch up tomorrow.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Day 1 Identify your personal goals (3m 22s)</p>	<p>Day 2 Identify your why (2m 32s)</p>	<p>Day 3 Identify what's most important to you (2m 41s)</p>	<p>Day 4 How many goals should you have? (3m 20s) Move 1: Master knowing yourself (6m 24s)</p>	<p>Day 5 Pop quiz: Why are personal goals important?</p>
<p>Day 6 Give yourself permission to dream (3m 42s) Life Planning 101 (4m 20s)</p>	<p>Day 7 Setting your RBGs (1m 58s)</p>	<p>Day 8 Challenge: Set aside some time to “dream big” and write down your personal goals.</p>	<p>Day 9 The three components of healthy ambition (2m 04s)</p>	<p>Day 10 Express aspirations through goal setting (2m 46s)</p>
<p>Day 11 Pop quiz: What are the three components of healthy ambition?</p>	<p>Day 12 Value creation (3m 30s)</p>	<p>Day 13 Your biggest obstacle (2m 13s)</p>	<p>Day 14 Transform your obstacles (3m 33s)</p>	<p>Day 15 Identify where you'll need to stretch (2m 37s)</p>
<p>Day 16 Nurture your ability to self-manage (3m 42s)</p>	<p>Day 17 Challenge: Spend some time actively thinking about areas where you'll need to stretch to meet your goals.</p>	<p>Day 18 Form habits that help you succeed (3m 11s)</p>	<p>Day 19 Visualization as an ally (2m 43s)</p>	<p>Day 20 Challenge: Choose one LinkedIn Learning course on wellbeing to explore next month.</p>