Learning Habits.
Discover new lessons every day which can be completed in around 5-10 minutes.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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</thead>
<tbody>
<tr>
<td><strong>Activity:</strong> Update the “Skills I’m interested in” section within your preferences</td>
<td><strong>Make the Complex Simple</strong> (3m 41s)</td>
<td><strong>Activity:</strong> Set your weekly learning goal within LinkedIn Learning</td>
<td><strong>Achieving Your Goals</strong> (2m 22s)</td>
<td><strong>Strategy for Success:</strong> Make It Convenient (1m 29s)</td>
</tr>
<tr>
<td><strong>Activity:</strong> Set a goal for something personal or professional you’d like to learn by this time next year</td>
<td><strong>Positive Thinking Skills</strong> (4m)</td>
<td><strong>Activity:</strong> Email your manager the name of one LinkedIn Learning course you’re interested in taking</td>
<td><strong>Balancing the Technology in Your Life</strong> (1m 42s)</td>
<td><strong>Understand If Procrastination Is Helping or Hurting You</strong> (2m 47s)</td>
</tr>
<tr>
<td><strong>One-Minute Habit for Better Listening</strong> (2m 27s)</td>
<td><strong>Developing Self-Efficacy</strong> (3m 49s)</td>
<td><strong>Focus and Work</strong> (3m 12s)</td>
<td><strong>Activity:</strong> Recommend a course or video to a colleague or teammate</td>
<td><strong>Authentic Communication</strong> (3m 36s)</td>
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<tr>
<td><strong>One-Minute Habit for Continual Learning</strong> (2m 19s)</td>
<td><strong>Practicing Resilience</strong> (1m 26s)</td>
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<tr>
<td><strong>The Ambiguity of Leadership</strong> (2m 3s)</td>
<td><strong>Master What You Can Control and Then Let Go of the Rest</strong> (2m 58s)</td>
<td><strong>Plan Three Things a Day</strong> (1m 48s)</td>
<td><strong>The Circle of Awareness</strong> (3m 49s)</td>
<td><strong>Reflection:</strong> What were your key takeaways from the Learning Habits challenge?</td>
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</tbody>
</table>

**Achieving Your Goals**

**Strategy for Success:** Make It Convenient

**Balancing the Technology in Your Life**

**Understanding the Three Principles of Productivity**

**Master What You Can Control and Then Let Go of the Rest**

**Plan Three Things a Day**

**The Circle of Awareness**

**Authentic Communication**

**The Ambiguity of Leadership**

**One-Minute Habit for Continual Learning**

**One-Minute Habit for Better Listening**

**Developing Self-Efficacy**

**Practicing Resilience**

**Positive Thinking Skills**

**Make the Complex Simple**

**Update the “Skills I’m interested in” section within your preferences**

**Set your weekly learning goal within LinkedIn Learning**

**Email your manager the name of one LinkedIn Learning course you’re interested in taking**

**Recommend a course or video to a colleague or teammate**

**What were your key takeaways from the Learning Habits challenge?**

**Learning Habits.**

**Linkedin Learning**

**Focus and Work**

**What to do now:**

- **Plan Three Things a Day** (1m 48s)