

# New Year Challenge.

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



Monday	Tuesday	Wednesday	Thursday	Friday
Challenge starts tomorrow!	<a href="#">The Power of Rituals, Symbols, and Stories to Drive Behaviors</a> (3m 5s)	<a href="#">Celebrating Your Successes</a> (3m 35s)	<a href="#">Be Honest About What You Want, and Why</a> (3m 20s)	<b>Activity:</b> Spend 5 minutes brainstorming and listing your self-development goals for the coming year
	<a href="#">What Do You Want in Your Future Career?</a> (1m 44s)	<a href="#">How to Create Your Own Growth Zone Exercises</a> (3m 24s)	<a href="#">The Power of Generosity</a> (4m 21s)	<a href="#">Go Where You're Celebrated</a> (2m 28s)
<a href="#">How and Why to Stop Comparing Yourself to Others</a> (4m 4s)	<a href="#">Positive Thinking Skills</a> (4m)	<a href="#">Create an Edge to Enhance Performance</a> (4m 4s)	<a href="#">My Story: When I Discovered Goals</a> (6m 27s)	<b>Reflection:</b> What were your biggest takeaways from the New Year Challenge?