

New Year Challenge.

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



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