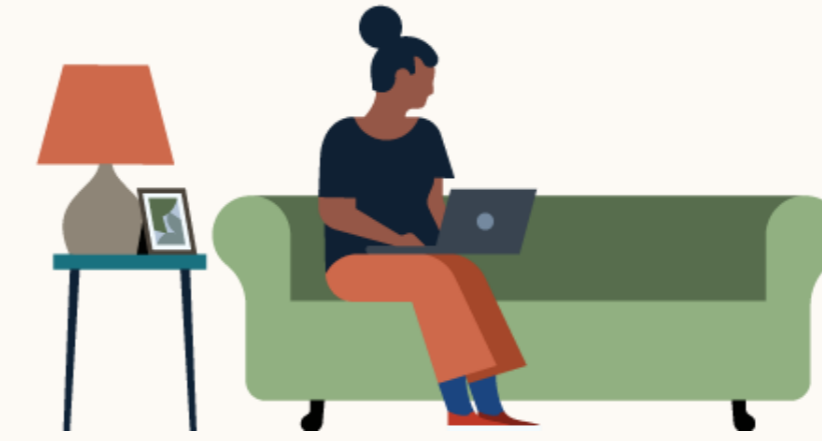


# New Year Learning Challenge

Set yourself up for continued success with these lessons and activities which can be completed in about 3-5 minutes.



Monday	Wednesday	Friday	Suggested Reflections
<p><a href="#">Be Honest About What You Want, and Why</a> (3m 20s)</p>	<p><a href="#">Celebrating Your Successes</a> (3m 35s)</p>	<p><a href="#">Experiment and Fail on Purpose</a> (3m 39s)</p>	<p><b>Activity:</b> Spend 5 minutes brainstorming and prioritizing your self-development goals for the coming year.</p>
<p><a href="#">The Power of Generosity</a> (4m 21s)</p>	<p><a href="#">Overcoming Negative Self-Talk</a> (2m 10s)</p>	<p><a href="#">Internal Networking in Business</a> (4m 32s)</p>	<p><b>Reflection:</b> How does your mindset impact the quality of your relationships at work? What aspects might you want to improve?</p>
<p><a href="#">Resilience for the Long Haul</a> (5m 11s)</p>	<p><a href="#">How and Why to Stop Comparing Yourself to Others</a> (4m 4s)</p>	<p><a href="#">Identifying and Prioritizing Relationships</a> (4m 6s)</p>	<p><b>Reflection:</b> What were your biggest takeaways from the New Year Challenge?</p>