




















LinkedIn Learning May Challenge: Mindset Matters

Henry Ford famously said, “**Whether you believe you can do a thing or not, you’re right.**” Ford’s adage highlights the **power of positive thinking**, warns of the danger of negative thinking, and it reminds us how much **mindset matters**.

While we may think that success leads to happiness, studies consistently demonstrate that the reverse is actually true: **happiness leads to success**. Happiness promotes success in **health, work, and relationships**.

We’re excited to launch **LinkedIn Learning’s May Challenge**, kicking off **May 11th**, focusing on the **power of positive thinking** and how to **foster a growth mindset**. Challenge yourself to participate every day – it takes **~5 minutes** or less.

Don’t have time to participate every day? No problem. The purpose of this challenge is to explore new learning opportunities and resources available through your FSU LinkedIn Learning membership. **Happy learning!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>Challenge Starts Tomorrow!</p> 	<p>11</p> <p>Video : What is Positivity and Why is It Important? (4m 9s)</p> <p>Pop Quiz : <i>Focusing on successes improves performance</i> <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>12</p> <p>Video : The Power of Mindset (4m 30s)</p>	<p>13</p> <p>Video : Our Thinking Defines Our Experience (2m 13s)</p> <p>Pop Quiz : <i>Thoughts are permanent</i> <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>14</p> <p>Video : Fixed, Mixed, and Growth Mindsets (3m 41s)</p>
<p>17</p> <p>Video : The Mindset Choice (4m 3s)</p>	<p>18</p> <p>Video : Increasing Positive Thoughts (3m 28s)</p>	<p>19</p> <p>Activity : What are 3 things that went well yesterday? _____ _____ _____ _____</p>	<p>20</p> <p>Video : Practice Positive Thinking (2m 40s)</p>	<p>21</p> <p>Video : Maintaining a Growth Mindset (2m 33s)</p>
<p>24</p> <p>Video : Tips for Thinking Positively (3m 30s)</p>	<p>25</p> <p>Video : Using Power Statements to Increase Confidence (4m 23s)</p>	<p>26</p> <p>Video : Positive Mindset, Positive Goals (2m 13s)</p>	<p>27</p> <p>Video : Predict Your Future (3m 56s)</p>	<p>28</p> <p>Activity : List your biggest takeaway(s) from the May Challenge: _____ _____ _____</p>