

# New Year Challenge.

Discover new lessons every day which can be completed in around 10-15 minutes. Explore new learning opportunities and resources available through your [FREE FSU LinkedIn Learning Membership](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Challenge starts tomorrow!</b></p> 	<p><a href="#">How to Set and Achieve Better Goals</a> (2m 27s)</p> <p><b>Pop Quiz:</b> Limited goals helps you manage your time</p> <p><input type="radio"/> True <input type="radio"/> False</p>	<p><b>Activity:</b> Come up with one task-oriented goal to complete this week.</p>	<p><a href="#">Define Your Goals</a> (3m 30s)</p>	<p><b>Activity:</b> Spend 5 minutes brainstorming and listing your self-development goals for the coming year.</p>
	<p><a href="#">Yearly Planning to Support Goals</a> (3m 52s)</p>	<p><a href="#">Plan for Success</a> (4m 6s)</p>	<p><a href="#">Habits for Success</a> (3m 4s)</p> <p><b>Pop Quiz:</b> On average, how many days does it take to build a habit?</p> <p><input type="radio"/> 35 <input type="radio"/> 66</p>	<p><a href="#">Seven Ways to Increase Self-Discipline</a> (4m 12s)</p>
<p><b>Pop Quiz:</b> Which of these <b>NOT</b> a way to increase self-discipline?</p> <p>a) Know your patterns b) Start small c) Meditation d) Increase temptations</p>	<p><a href="#">Creating Productive Habits</a> (2m 53s)</p> <p><b>Pop Quiz:</b> Most people are more productive after lunch</p> <p><input type="radio"/> True <input type="radio"/> False</p>	<p><a href="#">Habit Distinctions and the Four Tendencies</a> (5m 25s)</p> <p><b>Activity:</b> Which do you relate to?</p> <p><input type="radio"/> Upholder <input type="radio"/> Obliger <input type="radio"/> Questioner <input type="radio"/> Rebel</p>	<p><a href="#">The Essential Role of Repetition</a> (2m 48s)</p>	<p><b>Reflection:</b> What were your biggest takeaways from the New Year Challenge?</p>