

















LinkedIn Learning November Challenge: Boost Your Happiness

Even the most optimistic of us can get weighed down when seemingly unrelenting negativity swirls around us in all aspects of life. Staying positive and identifying ways to foster more happiness in your day-to-day can have a huge impact on your mental and physical health.

We're excited to launch the **LinkedIn Learning November Challenge: Boost Your Happiness**, kicking off **November 9th**.

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 **free FSU LinkedIn Learning membership**. Happy learning!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p>Challenge Starts Tomorrow!</p> 	<p>9</p> <p>Video :</p> <p>Common misbeliefs about happiness (4m 3s)</p>	<p>10</p> <p>Video :</p> <p>Building blocks of happiness (4m 53s)</p>	<p>11</p> <p>Video :</p> <p>The pursuit of money or meaning? (2m 43s)</p>	<p>12</p> <p>Video :</p> <p>Get in touch with your inner child (3m 18s)</p>
<p>13</p> <p>Video :</p> <p>Decreasing negative thoughts (4m 1s)</p>	<p>14</p> <p>Video :</p> <p>Choosing to stay positive (3m 22s)</p>	<p>15</p> <p>Video :</p> <p>Break free of comparisons (3m 14s)</p>	<p>16</p> <p>Video :</p> <p>Fostering positive habits (3m 8s)</p>	<p>17</p> <p>Pop Quiz :</p> <p><i>Balance is the key to positivity and one of the best habits you can build</i></p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>
<p>18</p> <p>Video :</p> <p>Live in the present (4m 4s)</p>	<p>19</p> <p>Pop Quiz :</p> <p><i>It is important to put your mental energy into the things you can't change about the past</i></p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>20</p> <p>Video :</p> <p>A morning routine for positivity (3m 31s)</p>	<p>21</p> <p>Activity :</p> <p>List one thing you want to add to your morning routine to cultivate happiness:</p> <p>_____</p> <p>_____</p> <p>_____</p>	