

Build Habits That Stick!

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

[Log into LinkedIn Learning](#)

Never logged in to LinkedIn Learning before? You must first use the link above to activate your CU account. UNI and password are required. Then you can access the lessons linked below.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity: Complete the “Skills I am interested in” section of the reflection guide with your preferences</p>	<p>Nano Tips to Foster a Growth Mindset (39s)</p>	<p>Activity: Set your weekly learning goal within LinkedIn Learning and schedule on your Outlook calendar</p>	<p>Achieving Your Goals (2m 22s)</p>	<p>Strategy for Success: Make It Convenient (1m 29s)</p>
<p>Activity: Set a goal for something personal or professional you'd like to learn by this time next year</p>	<p>Positive Thinking Skills (4m)</p> 	<p>Activity: Email your manager the name of one LinkedIn Learning course you're interested in taking</p>	<p>Balancing the Technology in Your Life (1m 42s)</p> <p>Understanding the Three Principles of Productivity (2m 12s)</p>	<p>One-Minute Morning Habit (2m 11s)</p>
<p>One-Minute Habit for Continual Learning (2m 19s)</p>	<p>Build Resilience Through Mindful Appreciation (2m 44)</p>	<p>"Motivation is what gets you started. Habit is what keeps you going."</p>	<p>Activity: Recommend a course or video to a colleague or teammate</p>	<p>Focus and Work (3m 12s)</p>
<p>Master What You Can Control and Then Let Go of the Rest (2m 58s)</p>	<p>Plan Three Things a Day (1m 48s)</p>	<p>The Circle of Awareness (3m 49s)</p>	<p>Reflection: What were your key takeaways from the Learning Habits challenge?</p>	