

# Master Goal Setting

Learn strategies that can help you set and prioritize goals. Don't worry if you miss a day — you can always catch up tomorrow.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Day 1</b>  <a href="#">Identify your personal goals</a>                      (3m 22s)</p>	<p><b>Day 2</b>  <a href="#">Identify your why</a>                      (2m 32s)</p>	<p><b>Day 3</b>  <a href="#">Important goals</a>                      (2m 41s)</p>	<p><b>Day 4</b>  <a href="#">Making your goal manageable</a>                      (2m 38s)   <a href="#">Aligning goals with what's most important</a>                      (46s)</p>	<p><b>Day 5</b>  <b>Pop quiz:</b> Why are personal goals important?</p>
<p><b>Day 6</b>  <a href="#">Give yourself permission to dream</a>                      (3m 42s)</p>	<p><b>Day 7</b>  <a href="#">Setting your RBGs</a>                      (1m 58s)</p>	<p><b>Day 8</b>  <b>Challenge:</b> Set aside some time to “dream big” and write down your personal goals.</p>	<p><b>Day 9</b>  <a href="#">You need all three types of goals</a>                      (3m 37s)</p>	<p><b>Day 10</b>  <a href="#">Sharing goals for accountability</a>                      (35s)</p>
<p><b>Day 11</b>  <b>Pop quiz:</b> What are the three components of healthy ambition?</p>	<p><b>Day 12</b>  <a href="#">Value creation</a>                      (3m 30s)</p>	<p><b>Day 13</b>  <a href="#">Your biggest obstacle</a>                      (2m 13s)</p>	<p><b>Day 14</b>  <a href="#">Transform your obstacles</a>                      (3m 33s)</p>	<p><b>Day 15</b>  <a href="#">Getting ready to aim at a target and fire</a>                      (2m 23s)</p>
<p><b>Day 16</b>  <a href="#">Empowering yourself through language</a>                      (48s)</p>	<p><b>Day 17</b>  <a href="#">Charles Duhigg: Pair your ambition with a realistic plan</a>                      (7m)</p>	<p><b>Day 18</b>  <a href="#">Writing down your goals</a>                      (40s)</p>	<p><b>Day 19</b>  <a href="#">Visualization as an ally</a>                      (2m 43s)</p>	<p><b>Day 20</b>  <b>Challenge:</b> Choose one LinkedIn Learning course on wellbeing to explore next month.</p>