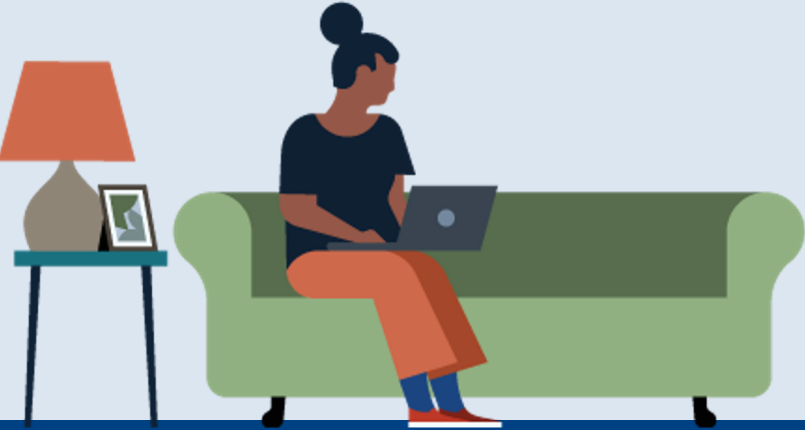


Monday	Tuesday	Wednesday	Thursday	Friday
<div>Jan. 10, 2022</div> <div>Challenge starts tomorrow!</div>	<div>Jan. 11, 2022</div> <div><a href="#">How to Set and Achieve Better Goals</a> (2m 27s)</div> <div>Pop Quiz: Limited goals helps you manage your time</div> <div><div></div> True <div></div> False</div>	<div>Jan. 12, 2022</div> <div>Activity: Come up with one task-oriented goal to complete this week.</div>	<div>Jan. 13, 2022</div> <div><a href="#">Define Your Goals</a> (3m 30s)</div>	<div>Jan. 14, 2022</div> <div>Activity: Spend 5 minutes brainstorming and listing your self-development goals for the coming year.</div>
<div>Jan. 17, 2022</div> <div></div>	<div>Jan. 18, 2022</div> <div><a href="#">Yearly Planning to Support Goals</a> (3m 52s)</div>	<div>Jan. 19, 2022</div> <div><a href="#">Plan for Success</a> (4m 6s)</div>	<div>Jan. 20, 2022</div> <div><a href="#">Habits for Success</a> (3m 4s)</div> <div>Pop Quiz: On average, how many days does it take to build a habit?</div> <div><div>35</div><div>66</div></div>	<div>Jan. 21, 2022</div> <div><a href="#">Seven Ways to Increase Self-Discipline</a> (4m 12s)</div>
<div>Pop Quiz: Which of these is NOT a way to increase self-discipline?</div> <div><div>a) Know your patterns</div><div>b) Start small</div><div>c) Meditation</div><div>d) Increase temptations</div></div> <div>Jan. 24 , 2022</div>	<div>Jan. 25, 2022</div> <div><a href="#">Creating Productive Habits</a> (2m 53s)</div> <div>Pop Quiz: Most people are more productive after lunch</div> <div><div></div> True <div></div> False</div>	<div>Jan. 26, 2022</div> <div><a href="#">Habit Distinctions and the Four Tendencies</a> (5m 25s)</div> <div>Activity: Which do you relate to?</div> <div><div></div> Upholder <div></div> Obliger</div> <div><div></div> Questioner <div></div> Rebel</div>	<div>Jan. 27, 2022</div> <div><a href="#">The Essential Role of Repetition</a> (2m 48s)</div>	<div>Jan. 28, 2022</div> <div>Reflection: What were your biggest takeaways from the New Year Challenge?</div>