



LinkedIn Learning June Challenge: **Managing Your Energy**

Our ability to be productive and perform at work is not based on the time we spend on each task, but the energy we bring to the time we have. Energy management is **crucial to your professional success** and, when you learn to masterfully manage your energy, you will be better suited to accomplish your best work!

This month, we invite you to participate in **LinkedIn Learning’s Managing Your Energy Challenge**, kicking off June 7th.

Challenge yourself to participate every day – each one takes **~5 minutes** or less. To keep yourself on track, try keeping a journal or print the calendar and initial each day when you’ve completed it. **Happy learning!**

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>6</p> <p>Challenge Starts Tomorrow!</p> <p>➔</p> | <p>7</p> <p>Video ▶: What is energy? (2m 39s)</p> | <p>8</p> <p>Video ▶: About energy management (1m 59s)</p> | <p>9</p> <p>Video ▶: A quick energy audit (3m 46s)</p> | <p>10</p> <p>Video ▶: Manage energy vs. time (2m 13s)</p> <p>Pop Quiz 📖: We always accomplish more by working longer hours. <input type="checkbox"/> True <input type="checkbox"/> False</p> |
| <p>13</p> <p>Video ▶: Work your priorities by energy level (1m 58s)</p> | <p>14</p> <p>Video ▶: Pairing energy levels with your to-do list (2m 54s)</p> | <p>15</p> <p>Activity 🎯: Categorize your to-do list for the day by energy levels required to accomplish those tasks!</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>16</p> <p>Video ▶: Energizing connections (2m 50s)</p> | <p>17</p> <p>Video ▶: Maximize your energy each day (2m 5s)</p> |
| <p>20</p> <p>Video ▶: Avoid energetic burnout (3m 58s)</p> | <p>21</p> <p>Video ▶: Topping up the energy tank (3m 45s)</p> | <p>22</p> <p>Video ▶: Recharge often (2m 52s)</p> | <p>23</p> <p>Video ▶: Manage your energy, manage your life (1m 50s)</p> | <p>24</p> <p>Activity 🎯: List your biggest takeaway(s) from the June Challenge:</p> <p>_____</p> <p>_____</p> <p>_____</p> |