May 2024 LinkedIn Learning Challenge: Master goal setting

Setting goals allows you to create a roadmap for success, one that’s personalized to the things most important to you. To help you reflect on both your personal and professional goals, join UCOP Learning and Development on a learning challenge focused on goal setting from May 14 to May 31.

Use this challenge to help support you in setting new goals and objectives for the 2024-2025 performance year. Attached you’ll find a calendar of selected LinkedIn Learning videos that’ll take about 5–10 minutes a day.

Share this challenge with others on your team and build a community of support in completing the challenge. Happy Learning!
LinkedIn Learning Challenge: Master goal setting  
May 14 - 31, 2024

Pro Tip: Block off 10 mins at the start of your day to complete the challenge activity.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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| ![Icon](Image)  
Setting your RBGs  
(1m 58s) | ![Icon](Image)  
The three components of healthy ambition  
(2m 04s) | ![Icon](Image)  
Identify what's most important to you  
(2m 41s) | ![Icon](Image)  
How many goals should you have?  
(3m 20s) | ![Icon](Image)  
Give yourself permission to dream  
(3m 42s) |
| ![Icon](Image)  
Identify your personal goals  
(3m 22s)  
Identify your why  
(2m 32s) | ![Icon](Image)  
Identify your why  
(2m 32s) | ![Icon](Image)  
Identify what's most important to you  
(2m 41s) | ![Icon](Image)  
Move 1: Master knowing yourself  
(6m 24s) | ![Icon](Image)  
Life Planning 101  
(4m 20s) |
| ![Icon](Image)  
Value creation  
(3m 30s) | ![Icon](Image)  
Express aspirations through goal setting  
(2m 46s) | ![Icon](Image)  
Form habits that help you succeed  
(3m 11s) | ![Icon](Image)  
Your biggest obstacle  
(2m 13s) | ![Icon](Image)  
Transform your obstacles  
(3m 33s) |
| ![Icon](Image)  
Identify where you'll need to stretch  
(2m 37s) | ![Icon](Image)  
Nurture your ability to self-manage  
(3m 42s) | ![Icon](Image)  
Visualize as an ally  
(2m 43s) | ![Icon](Image)  
Form habits that help you succeed  
(3m 11s) | ![Icon](Image)  
Transform your obstacles  
(3m 33s) |

**Memo**

**Memorial Day**