

Master goal setting

LinkedIn Learning



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!

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May 14 - 31, 2024



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

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