LinkedIn Learning Challenge: Boost Your Happiness

Even the most optimistic of us can get weighed down when seemingly unrelenting negativity swirls around us in all aspects of life. Staying positive and identifying ways to foster more happiness in your day-to-day can have a huge impact on your mental and physical health.

We’re excited to launch the LinkedIn Learning Challenge: Boost Your Happiness.

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

If you are willing to share your last “Activity” with Learning and Development, we would love to hear it!

Share with me – wendy.olson@csuci.edu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Start the Challenge – don’t give up!</strong></td>
<td><strong>Video ▶: Common misbeliefs about happiness</strong> (4m 3s)</td>
<td><strong>Video ▶: Building blocks of happiness</strong> (4m 53s)</td>
<td><strong>Video ▶: The pursuit of money or meaning?</strong> (2m 43s)</td>
<td><strong>Video ▶: Get in touch with your inner child</strong> (3m 18s)</td>
</tr>
</tbody>
</table>
| **Video ▶: Decreasing negative thoughts** (4m 1s) | **Video ▶: Choosing to stay positive** (3m 22s) | **Video ▶: Break free of comparisons** (3m 14s) | **Video ▶: Fostering positive habits** (3m 8s) | **Pop Quiz 📚📚: Balance is the key to positivity and one of the best habits you can build**
True False |
| **Video ▶: Live in the present** (4m 4s) | **Pop Quiz 📚📚: It is important to put your mental energy into the things you can’t change about the past**
True False |
| **Video ▶: A morning routine for positivity** (3m 31s) | **Activity 🎯🎯: List one thing you want to add to your morning routine to cultivate happiness:**
__________________
__________________
__________________ |