



## LinkedIn Learning May Challenge: Mindset Matters

Henry Ford famously said, “Whether you believe you can do a thing or not, you’re right.” Ford’s adage highlights the power of positive thinking, warns of the danger of negative thinking, and it reminds us how much mindset matters.

While we may think that success leads to happiness, studies consistently demonstrate that the reverse is actually true: happiness leads to success. Happiness promotes success in health, work, and relationships.

We’re excited to launch LinkedIn Learning’s May Challenge, kicking off May 11<sup>th</sup>, focusing on the power of positive thinking and how to foster a growth mindset. 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!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>Challenge Starts Tomorrow!</p> <p>→</p>	<p>11</p> <p><b>Video</b> ▶: <a href="#">What is Positivity and Why is It Important?</a> (4m 9s)</p> <p><b>Pop Quiz</b> 📖: <i>Focusing on successes improves performance</i>  <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>12</p> <p><b>Video</b> ▶: <a href="#">The Power of Mindset</a> (4m 30s)</p>	<p>13</p> <p><b>Video</b> ▶: <a href="#">Our Thinking Defines Our Experience</a> (2m 13s)</p> <p><b>Pop Quiz</b> 📖: <i>Thoughts are permanent</i>  <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>14</p> <p><b>Video</b> ▶: <a href="#">Fixed, Mixed, and Growth Mindsets</a> (3m 41s)</p>
<p>17</p> <p><b>Video</b> ▶: <a href="#">The Mindset Choice</a> (4m 3s)</p>	<p>18</p> <p><b>Video</b> ▶: <a href="#">Increasing Positive Thoughts</a> (3m 28s)</p>	<p>19</p> <p><b>Activity</b> 🎯: What are 3 things that went well yesterday?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>20</p> <p><b>Video</b> ▶: <a href="#">Practice Positive Thinking</a> (2m 40s)</p>	<p>21</p> <p><b>Video</b> ▶: <a href="#">Maintaining a Growth Mindset</a> (2m 33s)</p>
<p>24</p> <p><b>Video</b> ▶: <a href="#">Tips for Thinking Positively</a> (3m 30s)</p>	<p>25</p> <p><b>Video</b> ▶: <a href="#">Using Power Statements to Increase Confidence</a> (4m 23s)</p>	<p>26</p> <p><b>Video</b> ▶: <a href="#">Positive Mindset, Positive Goals</a> (2m 13s)</p>	<p>27</p> <p><b>Video</b> ▶: <a href="#">Predict Your Future</a> (3m 56s)</p>	<p>28</p> <p><b>Activity</b> 🎯: List your biggest takeaway(s) from the May Challenge:</p> <p>_____</p> <p>_____</p> <p>_____</p>