



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