

Daily Routines and Habits

Spring Semester Learning Path

Increase Your KNOWLEDGE

- ☐ Wellness In 30 January- Goals: Finding, Creating, and Accomplishing
- ☐ Wellness In 30 February- Building Habits
- ☐ Wellness In 30 March- The Power to Restart
- ☐ Wellness In 30 April- Tailoring Habits for Neurodivergent Success
- ☐ Read a Wellness-Related Book
- ☐ View a Vendor Presentation
- ☐ Listen to a Wellness-Related Podcast

Develop Your SKILLS

- ☐ Wellness in Action: Goal Setting
- ☐ Wellness In Action: Motivation and Will Power

PRACTICE

- ☐ Complete a 2-Week Challenge: Go for the Goal
- ☐ Complete the Habit Building Campaign

This Semester's RESOURCES

Books

- Atomic Habits
- Better Than Before
- Do What Matters Most
- Goals: The 10 Rules for Achieving Success
- The Power of Habit
- Tiny Habits

Podcasts

- 5 Ways to Actually Make Your Habits Stick
- How to Build Good Habits and Break Bad Ones
- How to Set the Right Goals and Stay Motivated
- The Power of Habit

Vendor Presentations

- Blomquist Hale:
 - Don't Sweat the Small Stuff
 - Healthy and Happy Habits
 - Making the Decision to Change Your Health
- PEHP:
 - Develop a Growth Mindset
- TIAA:
 - Build Smart Financial Habits for Success
- URS:
 - Psychology of Money