



Spring Semester Learning Path

This Semester's RESOURCES

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

Perfect 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

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](#)