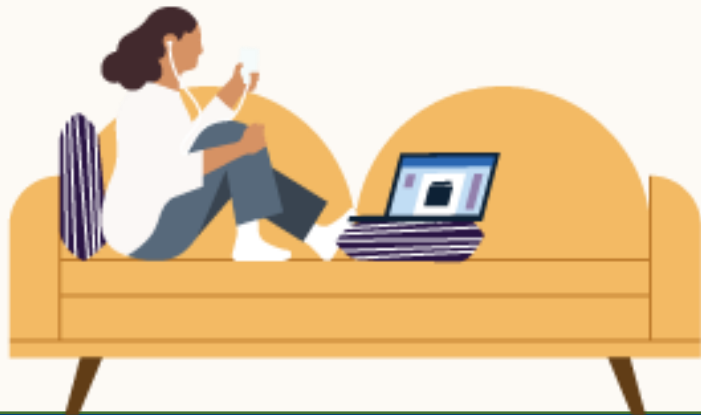


# Keep Calm and Learn On

Discover new lessons every day which can be completed in around 5-10 minutes.  
Don't worry if you miss a day — you can always catch up tomorrow.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Day 1</p> <p>Challenge Starts Tomorrow!</p>	<p>Day 2</p> <p><a href="#">Removing self-imposed pressure</a></p> <p>(5m 23s)</p>	<p>Day 3</p> <p><a href="#">Developing social awareness</a></p> <p>(2m 19s)</p>	<p>Day 4</p> <p><a href="#">How stress resilient are you?</a></p> <p>(4m 51s)</p>	<p>Day 5</p> <p>Activity:</p> <p>Take a few minutes to think about some areas you can set boundaries for yourself</p>
<p>Day 6</p> 	<p>Day 7</p> <p>Reflection:</p> <p>What are your favorite takeaways from the videos you explored?</p>	<p>Day 8</p> <p><a href="#">Affirm your beliefs</a></p> <p>(4m 10s)</p>	<p>Day 9</p> <p><a href="#">Engage in deliberate practice</a></p> <p>(4m 07s)</p>	<p>Day 10</p> <p><a href="#">Practice the vulnerability loop</a></p> <p>(2m 59s)</p>
<p>Day 11</p> <p>Activity:</p> <p>Set one intention for this week to keep you focused.</p>	<p>Day 12</p> <p><a href="#">Dealing with stressful situations</a></p> <p>(2m 44s)</p>	<p>Day 13</p> <p><a href="#">Getting real about resilience</a></p> <p>(3m 27s)</p>	<p>Day 14</p> <p>Challenge:</p> <p>Brainstorm one way you can invest in yourself this month.</p>	<p>Day 15</p> <p><a href="#">Prioritize work with purpose</a></p> <p>(1m 50s)</p>
<p>Day 16</p> <p><a href="#">Blazing new trails to confidence</a></p> <p>(3m 54s)</p>	<p>Day 17</p> <p>Challenge:</p> <p>Set aside time to write down how you will implement your learning.</p>	<p>Day 18</p> <p><a href="#">Building self-awareness</a></p> <p>(3m 11s)</p>	<p>Day 19</p> <p><a href="#">Knowing who you are</a></p> <p>(3m 54s)</p>	<p>Day 20</p> <p>Reflection:</p> <p>What were your biggest takeaways from the Keep Calm and Learn On challenge?</p>