









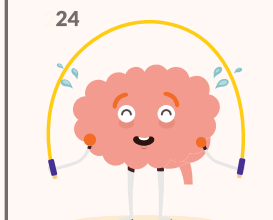


Lifelong Learning

September 2023

Starting the day with a specific intention can help you conquer tough conversations, feel more connected to your co-workers, or simply give your morning a boost of positive energy. That's why we created monthly calendars dedicated to meaningful work.

This month, we're focusing on lifelong learning. As we mature, our work might become more predictable and more specialized. So how can we continue learning about ourselves, each other, and the world around us? What are the benefits of leaving the comfort zone of our own expertise, and becoming a beginner again?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Commit yourself to lifelong learning. The most valuable asset you will ever have is your mind and what you put into it.</p> <p>– Albert Einstein</p>						<p>01</p> <p>Identify a new skill or hobby you want to learn. Break it down into smaller steps and create a plan to start learning and practicing this month.</p> 
<p>03</p> 	<p>04</p> <p>Labor Day (United States)</p> 	<p>05</p> <p>When was the last time you were a beginner at something?</p> <p>How did this experience make you feel?</p>	<p>06</p> <p>Worried it might be too late to pick up a new skill?</p> <p>This New Yorker piece sheds some light on the contrary.</p>	<p>07</p> <p>Lifelong learners are curious.</p> <p>Ask your coworkers about their hobbies, practices, and interests outside of the workplace.</p>	<p>08</p> <p>Lifelong learners tend to be avid readers.</p> <p>On International Literacy Day, swap book recommendations with your colleagues.</p>	<p>09</p> 
<p>10</p> 	<p>11</p> <p>Sign up for a webinar, conference, or virtual event related to your industry or a topic of interest.</p>	<p>12</p> <p>These days, libraries have much more than books.</p> <p>Discover all the unexpected things you can check out at a public library.</p>	<p>13</p> <p>Choose a book or article on a topic you've always been curious about and commit to reading it this month.</p> <p>Take notes and reflect on what you've learned.</p>	<p>14</p> <p>Explore one of many free assessments, like CliftonStrengths or VIA Survey to learn more about your values and strengths.</p>	<p>15</p> <p>If you set a learning goal earlier this month, make a note of your progress.</p> <p>If you haven't set one, now's a great time!</p>	<p>16</p> 
<p>17</p> 	<p>18</p> <p>What fears could be inhibiting your pursuit of new skills and knowledge?</p> <p>Write down some strategies to combat them.</p>	<p>19</p> <p>Is there someone you would love to learn from?</p> <p>Revisit our piece on finding, and becoming, a mentor.</p>	<p>20</p> <p>This month's Meaning Circle® is dedicated to the topic of learning and work!</p> <p>Sign up here for today's session at 12pm EST (5pm BST).</p>	<p>21</p> <p>Explore ways to build learning into your workday.</p> <p>Find an educational podcast, video, or book to enjoy during your next work break.</p>	<p>22</p> <p>This weekend, plan to do something outside your routine.</p>	<p>23</p> 
<p>24</p> 	<p>25</p> <p>Discover the positive benefits of lifelong learning on brain health.</p>	<p>26</p> <p>Reflect on a work project from a year ago and identify your growth since then.</p> <p>Share this growth in a team meeting.</p>	<p>27</p> <p>Read up on Gardner's Theory of Multiple Intelligences.</p> <p>What types resonate with you?</p>	<p>28</p> <p>In this short segment from This American Life, Diane Wu shares her list of "Things I Mean to Know."</p> <p>What would your list be?</p>	<p>29</p> <p>Reflect on your progress and accomplishments at the end of the month.</p> <p>Celebrate your growth and set new learning goals for the following month.</p>	<p>30</p> 