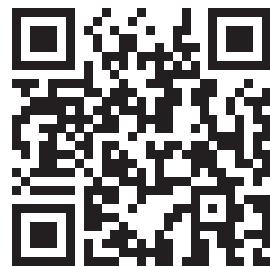


30 Days to a Better You

Powered by Rareminds Skill Passport



Scan to explore skill passport
"Your journey to lifelong learning starts here!"





Date: _____

DAY 1



Read one article
about your industry

Insights













Date: _____



Todo List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Braindump

Large empty box for writing braindump notes.

Daily Schedules

- _____
- _____
- _____
- _____

Notes For Tomorrow

Large empty box for writing notes for tomorrow.

How Will You Rate Your Day?

Productivity



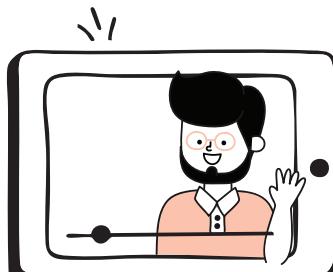
Mood





Date: _____

DAY 2



Watch a 5-min
learning video

Insights



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Date: _____

Todo List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Braindump

Notes For Tomorrow

Daily Schedules

-  _____
-  _____
-  _____
-  _____

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 3



**Practice explaining
a concept in 1 minute**

Insights

Date: _____



Todo List















Daily Schedules







Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 4



**Write down one new
skill you want to learn**

Insights

Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



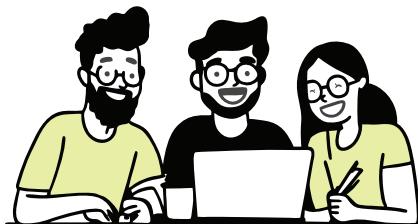
Mood





Date: _____

DAY 5



Teach something
small to a peer

Insights

Date: _____

Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____



**Reflect on what
motivated you today**

Insights

Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





DAY 7



Take a quiz on
Rareminds portal

Insights













Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 8



Record yourself giving
a mini-presentation

Insights

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Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 9



Identify a skill gap

Insights

Date: _____



Todo List















Daily Schedules









Braindump

Large empty white box for writing braindump notes.

Notes For Tomorrow

Large empty white box for writing notes for tomorrow.

How Will You Rate Your Day?

Productivity



Mood



DAY 10



Ask someone for feedback

Insights

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Date: _____



Todo List















Daily Schedules









Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 11



Attend a
free webinar

Insights



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Date: _____



Todo List















Daily Schedules









Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity

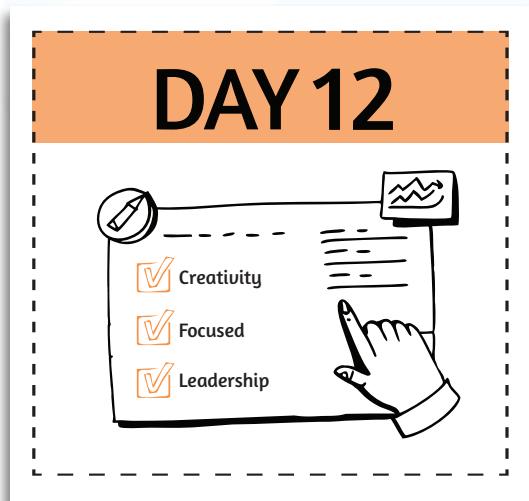


Mood





Date: _____



List your top 3 strengths

Insights

Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood



Date: _____

DAY 13



Explore a new AI tool

Insights













Date: _____



Todo List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Braindump

Large empty box for writing braindump notes.

Daily Schedules

- _____
- _____
- _____
- _____

Notes For Tomorrow

Large empty box for writing notes for tomorrow.

How Will You Rate Your Day?

Productivity



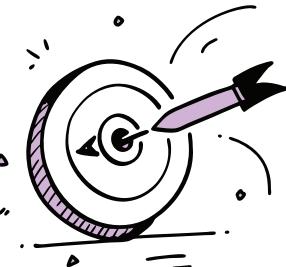
Mood





Date: _____

DAY 14



**Set a micro-goal for
this week**

Insights

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Date: _____



Todo List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Braindump

Notes For Tomorrow

Daily Schedules

- _____
- _____
- _____
- _____

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 15



Journal your
progress so far

Insights

Date: _____



Todo List















Daily Schedules









Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 16



Learn one new word in
a different language

Insights

Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood



**DAY 17**

Watch a TED Talk on leadership


Insights

Date: _____



Todo List

















Daily Schedules











Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 18



Update your
Skill Passport online

Insights

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Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





DAY 19



Network with one new professional contact



Insights

Date: _____



Todo List















Daily Schedules







Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 20



**Write a LinkedIn post
on your learning**

Insights













Date: _____

Todo List















Braindump

Daily Schedules









Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____



**Take a
self-assessment quiz**

Insights

Date: _____



Todo List

















Daily Schedules











Braindump



Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 22



Review your daily productivity

Insights

Date: _____



Todo List















Daily Schedules









Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 23



Identify a mentor or coach

Insights

Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 24



Try an online
course

Insights



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Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





DAY 25



Attend a live session or workshop

Insights

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Date: _____



Todo List















Daily Schedules









Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Date: _____



Practice mindfulness for 10 mins

Insights













Date: _____



Todo List















Daily Schedules









Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Research one sustainable innovation

Insights













Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 28



**Revise what you
learned in Week 1**

Insights

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Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity

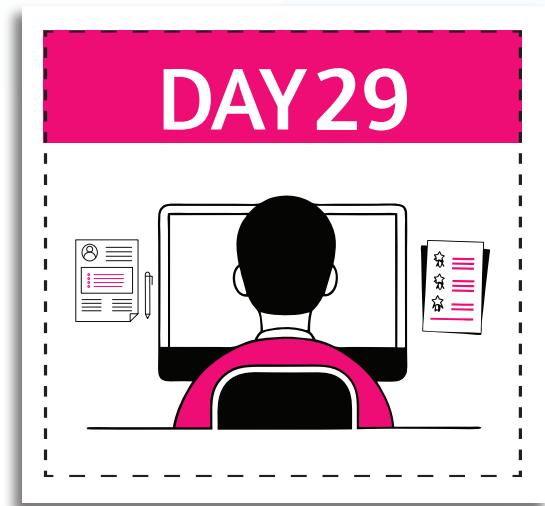


Mood





Date: _____



Add new skills to your resume

Insights

Date: _____



Todo List















Daily Schedules







Braindump



Notes For Tomorrow



How Will You Rate Your Day?

Productivity



Mood





Date: _____

DAY 30



Celebrate your
growth journey!

Insights













Date: _____



Todo List















Daily Schedules









Braindump

Notes For Tomorrow

How Will You Rate Your Day?

Productivity



Mood



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