

The Year of You Cheat Sheet

A *Quick* Guide to Personal Growth.

Join the 14-Day
Challenge.



Forget resolutions, it's time for action!

This interactive cheat sheet empowers you to design your best year EVER with atingi.

14-DAY CHALLENGE:

Finish 1 course per day on atingi.



SIGN UP TODAY

Step 1:

Unleash Your Vision

- Grab a pen and paper! What does your ideal self look like in 2024? (**Think:** thriving career, stronger relationships, peak health, etc.)
- **Turn your vision into reality:** Write down 3 SMART goals for each key area you identified. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound.



Step 2:

Supercharge Your Skills with atingi

- **Boost your knowledge:** Choose 1 atingi course aligned with each of your top goals. Explore our diverse course library covering everything from coding to communication to personal development. **Explore atingi courses [HERE](#)**
- **14-Day Challenge:** Commit to completing one course per day for 14 days! Track your progress with atingi's progress tracker and share your journey on social media using [#YearofYouChallenge](#).

Step 3:

Action Your Dreams (Daily! Weekly!)

- **Schedule is key:** Block out dedicated learning time in your calendar (even 15 minutes can make a difference). Consistency is your superpower!
- **Take micro-steps:** Break down your goals into small, achievable daily actions. For example, "learn 10 new coding terms today." Celebrate each win, no matter how small.
- **Weekly Reflection:** Every Sunday, reflect on your progress. Did you stick to your schedule? What worked well? What needs improvement? Adapt your plan as needed.

Remember: Personal growth is a journey, not a sprint. Embrace the process, celebrate your wins, and never stop learning with atingi!

Start your Year of You transformation today!

Explore the 100% free courses, register and join the atingi community.

Progress TRACKER

Colour the % of the course completion for each day, try hit 100% every day.

Day 1.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 2.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 3.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 4.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 5.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 6.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 7.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 8.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 9.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 10.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 11.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 12.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 13.
% course completion

100%
75%
50%
25%

Course name:
.....
.....

Day 14.
% course completion

100%
75%
50%
25%

Course name:
.....
.....



Explore all the courses [HERE](https://www.atingi.org) on [atingi.org](https://www.atingi.org)