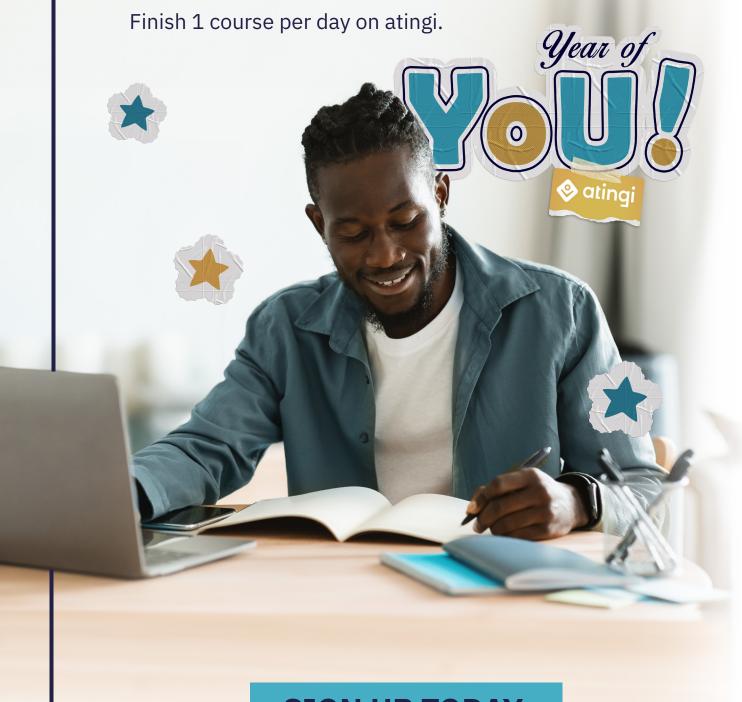


Forget resolutions, it's time for action!

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

14-DAY CHALLENGE:



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 ating course aligned with each of your top goals. Explore our diverse course library covering everything from coding to communication to personal development. Explore ating 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 ating!

Start your Year of You transformation today!

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









When setting goals, make sure it follows the SMART structure. Use the questions to help create your goals.



Specific

What do I want to accomplish? Why do I want to accomplish this? What are the requirements? What are the constraints?



leasurable

What's the deadline for achieving the goal? How will I know when the goal is accomplished?



Achievable

How can the goal be accomplished? What are the logical steps I should take?



Relevant

Is this a worthwhile goal? Is this the right time? Is this goal in line with my long term objectives?



Time-Bound How long will it take to accomplish this goal? When am I going to work on this goal?

Write y	our 3	SMART	Goals	here:
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<u>l</u>
2.
3.



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 II.

% 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** on atingi.org

