

Learning Path:

# From Resolution to Reality

Turning resolutions into reality requires more than just good intentions. It's about setting the right goals, building sustainable habits, and developing the mental fortitude to see them through.

Here is a dedicated learning path designed to equip you with the tools and mindset needed to successfully achieve your New Year's resolutions.


This path will guide you from defining your goals to building the discipline and habits necessary to make them a permanent part of your life.



Week 1

## Assess Your Inner Drive

Before you start, it's important to understand your personal strengths when it comes to achieving long-term goals. This short assessment will help you identify the traits that support follow-through, such as grit, self-control, resilience, and determination. By uncovering your "power traits," you'll establish a clear baseline for your development and gain insight into what already works for you so you can build on these strengths throughout the learning path.




Assessment

Success – Test your power traits

Week 2

## Define Your Target

A vague resolution is a recipe for failure. This course helps you turn ambition into clarity by transforming broad intentions into specific, achievable goals. You'll learn how to set meaningful targets, prioritise what matters, and maintain focus over time. By the end of the week, you'll know exactly what you're working towards, and how to keep your eyes on the goal when motivation starts to waver.




Course

Keep Your Eyes on the Goal

Week 3

## Build Unbreakable Habits

This is the core of your journey. In this course, you'll learn how to turn intentional actions into lasting habits using proven psychological principles. You'll explore how habits are formed, how motivation really works, and how to recover when setbacks occur. With practical strategies you can apply immediately, you'll start embedding your resolutions into daily routines so progress continues even when willpower runs low.




Course

Keep Your Resolutions

Week 4

## Develop Iron Willpower

Motivation can fade, but discipline endures. This course strengthens your ability to stay consistent when enthusiasm dips and distractions appear. You'll learn how to build self-control, manage temptation, and persevere through resistance and procrastination. By training your willpower like a muscle, you'll develop the discipline needed to stick to your plan — especially when progress feels slow or the goal feels distant.



Course

Stick to the Plan

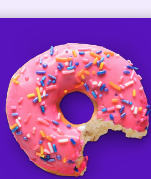
## Self-Training: Further Development

To support your journey, here is some additional content. The preparatory courses will help you choose the right resolutions, while the in-depth content will help you master the mental game of self-improvement.

Preparatory Content

### Do Your Thing

This course helps you uncover what truly matters to you: your values, talents, and deeper motivations. By connecting your goals to what feels authentic and meaningful, you'll strengthen intrinsic motivation and set resolutions that are achievable and uniquely you.

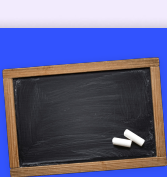


Course

Do Your Thing

### Learning How to Learn

Many resolutions depend on building new skills or knowledge. This course equips you with the meta-skill of learning effectively—helping you absorb information faster, retain what you learn, and apply it in practice. By mastering proven learning strategies, you'll make progress more efficient and increase your chances of turning new ambitions into lasting capabilities.




Course

Learning How to Learn

In-depth Content

### Mind over Matter

This course explores the mental tools that help people stay motivated and resilient while working towards meaningful goals. You'll learn how to use visualisation, cultivate a growth mindset, and strengthen determination, enabling you to overcome obstacles, manage setbacks, and maintain momentum when pursuing long-term ambitions.

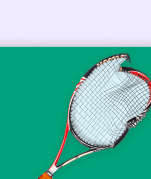


Course

Mind over Matter

### The Power of Failure

This course helps you rethink failure as a vital part of growth rather than a reason to quit. You'll learn how to reflect on mistakes, build resilience, and practise self-compassion, enabling you to recover from setbacks more effectively and stay committed to your goals when progress doesn't go as planned.



Course

The Power of Failure

## Make It Stick: Your Success Tips

### Challenge Accepted

Want more? Explore the full lessons to dive deeper into the topics from this learning path.

### Buddy Up

Share your action plan with a colleague or friend. Check-ins build accountability and boost impact.

### Assess, Learn, Repeat

Revisit your week-two Quicksan later to track changes. Use it to adjust and grow as a leader.