

# The Gift of Feedback

Discover new lessons every day which can be completed in around 5-10 minutes.  
Don't worry if you miss a day — you can always catch up tomorrow.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Day 1</b></p> <p><b>Challenge starts tomorrow!</b></p>	<p><b>Day 2</b></p> <p><a href="#">Embrace feedback as a tool for development</a> (3m 19s)</p>	<p><b>Day 3</b></p> <p><a href="#">How to leverage feedback to get ahead faster</a> (1m 05s)</p>	<p><b>Day 4</b></p> <p><a href="#">How to respond to critical feedback</a> (3m 34s)</p>	<p><b>Day 5</b></p> <p><b>Activity:</b> Seek feedback on one specific part of your role this month</p>
<p><b>Day 6</b></p> <p><a href="#">How to ask for feedback</a> (3m 46s)</p>	<p><b>Day 7</b></p> <p><a href="#">Iterative feedback</a> (3m 30s)</p>	<p><b>Day 8</b></p> <p><a href="#">Managing emotions during feedback</a> (4m 06s)</p>	<p><b>Day 9</b></p> <p><a href="#">Solicit feedback</a> (2m 22s)</p>	<p><b>Day 10</b></p> <p><a href="#">Manage your inner critic</a> (1m 40s)</p>
<p><b>Day 11</b></p> <p><a href="#">Unlock whole employee potential with an innovation mindset</a> (2m 52s)</p>	<p><b>Day 12</b></p> <p><a href="#">Find your feedback circle</a> (54s)</p>	<p><b>Day 13</b></p> <p><b>Activity:</b> Offer one person some positive feedback on something they worked on this month</p>	<p><b>Day 14</b></p> <p><a href="#">Receiving feedback from your coach</a> (2m 33s)</p>	<p><b>Day 15</b></p> <p><b>Reflection:</b> What were your biggest takeaways from The Gift of Feedback challenge?</p>
<p><b>Day 16</b></p> <p><a href="#">Getting feedback as a belonging habit</a> (2m 22s)</p>	<p><b>Day 17</b></p> <p><a href="#">How to give truly helpful feedback</a> (4m 30s)</p>	<p><b>Day 18</b></p> <p><a href="#">Give constructive feedback and praise</a> (3m 23s)</p>	<p><b>Day 19</b></p> <p><a href="#">A better boss relationship is six steps away</a> (2m 49s)</p>	<p><b>Day 20</b></p> <p><a href="#">Unlock whole employee potential with an innovation mindset</a> (2m 52s)</p>