

Aligning Your Values with Work, Life, and Everything In-Between

GoSkills online course syllabus

Skill level

Beginner

Lessons

15

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

38m

Estimated study time

38m 50s

Instructor

Christina Vo

Introduction

1 Living with meaning

As you move through life, it is important to take a moment to pause and consider whether you're living a life in alignment with your values.

Why Is Alignment Important?

2 Ikigai

According to Japanese culture, everybody has an ikigai, which is defined as your reason for living.

3 Starting within

If you look at life as an opportunity to explore and to align yourself fully in all areas, you'll be able to see all the possibilities in life.

4 External alignment

Part of feeling alignment is first, internally and then, externally.

Reflecting On Your Values

5 Know yourself

Building a habit of self-reflection and knowing yourself deeply is a way for you to evaluate what is and isn't working for you in your life.

6 Getting feedback

Your friends, peers and mentors can be incredibly valuable in helping you to assess your environment for alignment with your values.

Values and Work

7 Clarifying your work values

You might have special talents and expertise that lead you on a certain path, however it's important to understand a deeper "why" in terms of your work.

8 Choosing entrepreneurship

You may find that the path of entrepreneurship is a way for you to most directly align your values with your life purpose.

9 Aligning with you environment

You may decide that that working within a larger company or organization is more aligned with your path.

10 External support

It can at times feel challenging to tackle all of the challenges in the world, but you're not alone in your efforts.

Living out Your Values

11 Being healthy & well

Your body is one of the most precious resources you have, and it's imperative you create a strong foundation from within.

12 Grounding yourself

Finding ways to ground yourself, such as meditation and prayer, provides you with a chance to reflect on your daily experiences.

13 Our relationships

Your friends and community have great influence on how aligned your values are with your life, so it's necessary to leverage that network.

14 Commitment to growth

A tool you can utilize to intentionally reflect on the alignment of your values and your life is through a continued commitment to growth.

Conclusion

15 Next steps

This lesson will summarize the key insights illuminated throughout this course and will provide an opportunity to reflect on the next steps.