

Habits to Win Every Day

GoSkills online course syllabus

Skill level

Beginner

Lessons

21

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

51m

Estimated study time

51m 55s

Instructor

Jason Richardson, PsyD

Introduction

1

Dream it, do it

You are a winner, but some of your habits may be holding you back from reaching your full potential.

Change Your MindSet-Up

2

Finding alignment

The first task for changing up your mindset is to make sure the things you are doing are aligned with your skills and interests.

3

Pay for your passion

If you're passionate about something, it's important to put forth the effort towards that thing.

4

Playing it too safe

Anyone can have their shining moment, but the real challenge comes from ensuring you shine in every moment.

5

Building your network

It's proven that high performers are always part of a great team that supports them.

Energy Killers

6

Over complicating

If you spend too much time getting hung up on something, you're likely to lose energy towards it.

7 **Complaining**
Nothing can get you down like someone who only talks about negative things.

8 **Unhealthy comparisons**
Benchmarking is one thing, but thinking the grass is greener on the other side is another.

9 **Managing anxiety**
Anxiety robs you of energy and can literally make you sick.

Energy Givers

10 **Taking gratitude inventory**
Practicing gratitude does wonders for your brain.

11 **Radical acceptance**
You may not be where you want to be, but if you don't accept this, you'll never be able to move forward to get where you want to go.

12 **Focusing your focus**
The antidote to worry is being able to stay on target.

Move the Needle

13 **Commit to step up**
A big part of success is rearranging the playing field to set you up to win.

14 **Drivers and motivators**
When you have a goal, it's important to get clear on why that goal is important to you, as this is your driver to achieve it.

15 **Achieving your goals**
Even if you know why you're passionate about achieving something, you still have to put in the work.

16 **Investing in your future**
Achievements also require setting expectations and preparing for what may come.

17 **Move the needle**
There are several tools that you can use to prioritize tasks and continue staying consistent.

Gamify the Mundane

18 **Intention brings intensity**
Motivation can be overrated if you aren't setting yourself up for success.

19 **Consistency counts**
Consistency is key, remember? After this section, you will be able to craft an action plan to help you build lasting habits.

20 **Reward systems**
Learn how the brain responds to stimuli and the difference between types of reward.

Conclusion

21 **The stretch**
Congratulations on completing this course!

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