

Invest in You: Personal and Professional Development Tips

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

40m

Estimated study time

40m 45s

Instructor

Jason Weeman

Introduction

1

Unlock your potential

There are points in your life where you may find yourself spinning and stagnant in your development.

Demystify Your Goals

2

Connect to your purpose

Connecting to your purpose, recognizing what is possible, and unlocking your potential help create more clarity around what you really want.

3

Identify your motivations

Everyone is motivated in different ways, especially when it comes to investing in yourself.

4

Calculate the return on investment

It is challenging to invest in something where it is difficult to see the return.

Assess Your Starting Point

5

Accept your reality

Your personal situations can get in the way of what you really want for yourself.

6

Distinguish barriers from beliefs

You've likely been wired to believe that most things that get in your way are out of your control.

7 Prioritize yourself

Putting yourself first can feel uncomfortable, and sometimes you may convince yourself it is even logistically impossible.

Prioritize Action over Planning

8 Shift to taking action

It's natural for you to feel like you need a detailed plan to actually start working on your development, and often this is where you'll get stuck.

9 Integrate instead of adding

A valid explanation for not investing in yourself is that there is just not enough time.

10 Build your momentum

Momentum is defined as a "strength or force gained by motion or by a series of events." After this lesson you'll be able to avoid analysis by paralysis and build momentum around your development.

Manifest Your Success

11 Build sustainable habits

If you want to succeed in developing yourself, you have to commit to behavior change and also find ways of sustaining it.

12 Create a support system

The more people you have in your corner supporting what is important to you, the more likely you are to succeed.

13 Recognize your accomplishments

As you grow and develop, there is a lot to be proud of.

Navigate the Inevitable

14 Find value in failing

It is natural that you have a desire to be successful in everything you do in life, and yet the moments where things don't go as planned are often where we learn the most.

15 Subdue the self doubt

You may often find that it is easy to second guess your approach or decisions related to investing in yourself.

Conclusion

16 Adding new destinations

Thank you for watching this course!

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