

# Rediscovering Your Joy, Energy, and Purpose

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

15

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

47m

**Estimated study time**

47m 45s

**Instructor**

Amy Ahlers

## Introduction

---

### 1 The light in your eyes

Congratulations!

## Where You're At Currently

---

### 2 Connect to your breath

One of the most effective things you can do in times where you lack joy or energy is focus on your breath.

### 3 Why you're here

If you're taking this course, you've likely got a case of the blah's, and the good news is that you're not alone in these feelings.

### 4 Tell the truth

Striving for perfection can be a harsh lens to see your life through.

### 5 The Truth of Desire

Being able to acknowledge your emotions is brave.

## A Journey of Rediscovery

---

### 6 Joy and The Fence of Tolerations

One of the most effective methods to reconnect to your joy is by confronting your tolerations.

- 7 Your energy**  
When you consider where your power lies and what you have control over, you can start finding what takes away your energy.
- 8 Your Life Purpose/The Desert Island**  
The best way to rediscover your purpose is to stop asking what your purpose is.
- 9 Your Life Purpose/Your Contribution**  
Reframing your purpose around contributions will bring you greater joy.

## Rediscovery Pro Tips

---

- 10 Community is mandatory**  
Let's face it, making friends as an adult can be really challenging.
- 11 Being kind to yourself**  
Taking time for yourself is one of the key things you can do to make room for rediscovery.

## Long-Term Rediscovery

---

- 12 Clearing out lingering beliefs**  
Some of the beliefs you have about yourself, others, or the world may be sticking around and causing negative feelings for you.
- 13 Staying inspired**  
Being inspired is one of the most closely correlated emotions to feeling energized.
- 14 A note about "selfish"**  
Other people will call you selfish when you're not doing what THEY want you to do.

## Conclusion

---

- 15 Creating your beach**  
Thank you for watching!