

# Reframing: The Power of Changing Your Perspective

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

20

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

1h 2m

**Estimated study time**

1h 2m

**Instructor**

Lia Garvin

## Introduction

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### 1 Let's get started

## What is Reframing?

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### 2 Understanding reframing

Have you ever felt stuck, trapped between a rock and a hard place?

## Reframing Feedback

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### 3 What is feedback?

Feedback is a datapoint about how we're being perceived by someone else.

### 4 Why is feedback so hard?

Receiving feedback is often challenging and can lead us to spiral into negativity.

### 5 Beating the critics

You're often your harshest critic.

## Reframing Accomplishments

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**6** **Telling your story**  
It can be difficult to talk about your work and accomplishments.

**7** **Effort vs impact**  
It's so easy to fall into thinking that your effort will always translate to impact at work.

## Reframing Goals

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**8** **Understanding your values**  
Understanding your values helps you get crystal clear on the motivation behind your goals.

**9** **Focusing your energy**  
It can be hard to know whether you should focus your energy on your strengths or your weaknesses.

**10** **Goal fluidity**  
Goals can be fluid, and in times of uncertainty, it's even more important to widen the definition of success.

## Reframing Value

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**11** **Fix the fixer**  
Taking pride in being a "fixer" at work is common, but solving problems for others isn't always the secret to success.

**12** **More isn't better**  
More work isn't always better, and often doing more work only gives you an unsustainable amount of work over time.

## Reframing Reality

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**13** **Embracing empathy**  
Holding multiple truths is about understanding the different perspectives and experiences of the people in your life.

**14** **Center of the universe**  
Removing yourself from the center of the universe can free you from the dreaded impostor syndrome.

## Reframing Mistakes

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**15** **Let's talk mindset**  
Your mindset makes all the difference in how you think about your mistakes.

**16** **Oh well**  
When you make a mistake, you can stop the self criticism by saying, "oh well." After this lesson, you'll be able to reframe your perspective on mistakes from rumination to letting go.

## Reframing Comparison

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**17** **Recognize the negativity**  
Recognizing negative thoughts is a powerful antidote for comparing yourself to others.

**18** **Practice gratitude**  
Practicing gratitude is another tool to overcome comparison.

**19** **Embrace the FOMO**  
Sometimes FOMO is actually a window into a goal or aspiration.

## Conclusion

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**20** **Your path forward**

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