

Unlocking Your Potential

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

55m

Estimated study time

55m 57s

Instructor

Elaine Lou Cartas

Introduction

- 1** **Become your best self**
Unlocking your full potential is a lifelong journey, and it can be challenging to know where to begin.

Celebrate Awareness

- 2** **Increase your self-awareness**
Increasing your self-awareness is critical in helping you figure out what's important to you.
- 3** **Identify what isn't working**
Assessing your past can provide answers to unlocking your true potential.
- 4** **Identify your why**
Creating change can be difficult when you are used to how you once were.

Trust Your Voice

- 5** **Identify your wants**
It's easy to get caught up in pleasing others. After this lesson, you'll be able to identify what you want versus what other people want for you.
- 6** **Create boundaries**
Others will question you as you become a better version of yourself.

Create Change

7 **Ask reflective questions**
Self-reflection can be a catalyst as you initiate the process of creating change in your life.

8 **Document lessons learned**
There's power in documenting lessons learned from the past so you can prevent mistakes in the future.

9 **Manage your fear**
Change can be scary.

10 **Watch your words**
What you say to yourself and others can affect your success.

11 **Build a support system**
It can be lonely when creating change.

Set Your Goals

12 **Identify 3 goals**
Specifying your career and life goals will make them attainable. After this lesson, you'll be able to identify three goals in your life right now.

13 **Track your progress**
To ensure you accomplish your goals, you need to track.

14 **Create baby steps**
You might feel overwhelmed to want to reach your goals now, but it's important to be patient.

15 **Celebrate progress**
It's easy to get into the hamster wheel of doing, but you can't let the doing get ignored.

Conclusion

16 **Achieve your true potential**
Thank you for watching this course!

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