

Aligning Your Values with Work, Life, and Everything In-Between

GoSkills online course syllabus

Skill level

Beginner

Lessons

15

Pre-requisites

No prior experience needed

Video duration

38m

Estimated study time

38m 50s

Instructor

Christina Vo

Introduction

1 Living with meaning

As you move through life, it is important to take a moment to pause and consider whether you're living a life in alignment with your values.

Why Is Alignment Important?

2 Ikigai

According to Japanese culture, everybody has an ikigai, which is defined as your reason for living.

3 Starting within

If you look at life as an opportunity to explore and to align yourself fully in all areas, you'll be able to see all the possibilities in life.

4 External alignment

Part of feeling alignment is first, internally and then, externally.

Reflecting On Your Values

5 Know yourself

Building a habit of self-reflection and knowing yourself deeply is a way for you to evaluate what is and isn't working for you in your life.

6 Getting feedback

Your friends, peers and mentors can be incredibly valuable in helping you to assess your environment for alignment with your values.

Values and Work

- 7 Clarifying your work values**
You might have special talents and expertise that lead you on a certain path, however it's important to understand a deeper "why" in terms of your work.
- 8 Choosing entrepreneurship**
You may find that the path of entrepreneurship is a way for you to most directly align your values with your life purpose.
- 9 Aligning with you environment**
You may decide that that working within a larger company or organization is more aligned with your path.
- 10 External support**
It can at times feel challenging to tackle all of the challenges in the world, but you're not alone in your efforts.

Living out Your Values

- 11 Being healthy & well**
Your body is one of the most precious resources you have, and it's imperative you create a strong foundation from within.
- 12 Grounding yourself**
Finding ways to ground yourself, such as meditation and prayer, provides you with a chance to reflect on your daily experiences.
- 13 Our relationships**
Your friends and community have great influence on how aligned your values are with your life, so it's necessary to leverage that network.
- 14 Commitment to growth**
A tool you can utilize to intentionally reflect on the alignment of your values and your life is through a continued commitment to growth.

Conclusion

- 15 Next steps**
This lesson will summarize the key insights illuminated throughout this course and will provide an opportunity to reflect on the next steps.

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