

Habits to Win Every Day

GoSkills online course syllabus

Skill level

Beginner

Lessons

21

Pre-requisites

No prior experience needed

Video duration

51m

Estimated study time

51m 55s

Instructor

Jason Richardson, PsyD

Introduction

1

Dream it, do it

You are a winner, but some of your habits may be holding you back from reaching your full potential.

Change Your MindSet-Up

2

Finding alignment

The first task for changing up your mindset is to make sure the things you are doing are aligned with your skills and interests.

3

Pay for your passion

If you're passionate about something, it's important to put forth the effort towards that thing.

4

Playing it too safe

Anyone can have their shining moment, but the real challenge comes from ensuring you shine in every moment.

5

Building your network

It's proven that high performers are always part of a great team that supports them.

Energy Killers

6

Over complicating

If you spend too much time getting hung up on something, you're likely to lose energy towards it.

7

Complaining

Nothing can get you down like someone who only talks about negative things.

8 Unhealthy comparisons

Benchmarking is one thing, but thinking the grass is greener on the other side is another.

9 Managing anxiety

Anxiety robs you of energy and can literally make you sick.

Energy Givers

10 Taking gratitude inventory

Practicing gratitude does wonders for your brain.

11 Radical acceptance

You may not be where you want to be, but if you don't accept this, you'll never be able to move forward to get where you want to go.

12 Focusing your focus

The antidote to worry is being able to stay on target.

Move the Needle

13 Commit to step up

A big part of success is rearranging the playing field to set you up to win.

14 Drivers and motivators

When you have a goal, it's important to get clear on why that goal is important to you, as this is your driver to achieve it.

15 Achieving your goals

Even if you know why you're passionate about achieving something, you still have to put in the work.

16 Investing in your future

Achievements also require setting expectations and preparing for what may come.

17 Move the needle

There are several tools that you can use to prioritize tasks and continue staying consistent.

Gamify the Mundane

18 **Intention brings intensity**
Motivation can be overrated if you aren't setting yourself up for success.

19 **Consistency counts**
Consistency is key, remember? After this section, you will be able to craft an action plan to help you build lasting habits.

20 **Reward systems**
Learn how the brain responds to stimuli and the difference between types of reward.

Conclusion

21 **The stretch**
Congratulations on completing this course!

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