Invest in You: Personal and Professional Development Tips

GoSkills online course syllabus

Skill level	Lessons	Pre-requisites
Beginner	16	No prior experience needed
Video duration	**Estimated study time**	**Instructor**
40m	40m 45s	Jason Weeman

Introduction

1 **Unlock your potential**

There are points in your life where you may find yourself spinning and stagnant in your development.

Demystify Your Goals

2 **Connect to your purpose**

Connecting to your purpose, recognizing what is possible, and unlocking your potential help create more clarity around what you really want.

3 **Identify your motivations**

Everyone is motivated in different ways, especially when it comes to investing in yourself.

4 **Calculate the return on investment**

It is challenging to invest in something where it is difficult to see the return.

Assess Your Starting Point

5 **Accept your reality**

Your personal situations can get in the way of what you really want for yourself.

6 **Distinguish barriers from beliefs**

You've likely been wired to believe that most things that get in your way are out of your control.

7 **Prioritize yourself**

Putting yourself first can feel uncomfortable, and sometimes you may convince yourself it is even logistically impossible.

Prioritize Action over Planning

8 Shift to taking action

It's natural for you to feel like you need a detailed plan to actually start working on your development, and often this is where you'll get stuck.

9 Integrate instead of adding

A valid explanation for not investing in yourself is that there is just not enough time.

10 Build your momentum

Momentum is defined as a "strength or force gained by motion or by a series of events." After this lesson you'll be able to avoid analysis by paralysis and build momentum around your development.

Manifest Your Success

11 Build sustainable habits

If you want to succeed in developing yourself, you have to commit to behavior change and also find ways of sustaining it.

12 Create a support system

The more people you have in your corner supporting what is important to you, the more likely you are to succeed.

13 Recognize your accomplishments

As you grow and develop, there is a lot to be proud of.

Navigate the Inevitable

14 Find value in failing

It is natural that you have a desire to be successful in everything you do in life, and yet the moments where things don't go as planned are often where we learn the most.

15 Subdue the self doubt

You may often find that it is easy to second guess your approach or decisions related to investing in yourself.

Conclusion

16

Adding new destinations

Thank you for watching this course!

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