

Rediscovering Your Joy, Energy, and Purpose

GoSkills online course syllabus

Skill level

Beginner

Lessons

15

Pre-requisites

No prior experience needed

Video duration

47m

Estimated study time

47m 45s

Instructor

Amy Ahlers

Introduction

- 1 The light in your eyes
Congratulations!

Where You're At Currently

- 2 Connect to your breath
One of the most effective things you can do in times where you lack joy or energy is focus on your breath.
- 3 Why you're here
If you're taking this course, you've likely got a case of the blah's, and the good news is that you're not alone in these feelings.
- 4 Tell the truth
Striving for perfection can be a harsh lens to see your life through.
- 5 The Truth of Desire
Being able to acknowledge your emotions is brave.

A Journey of Rediscovery

- 6 Joy and The Fence of Tolerations
One of the most effective methods to reconnect to your joy is by confronting your tolerations.
- 7 Your energy
When you consider where your power lies and what you have control over, you can start finding what takes away your energy.

8 Your Life Purpose/The Desert Island
The best way to rediscover your purpose is to stop asking what your purpose is.

9 Your Life Purpose/Your Contribution
Reframing your purpose around contributions will bring you greater joy.

Rediscovery Pro Tips

10 Community is mandatory
Let's face it, making friends as an adult can be really challenging.

11 Being kind to yourself
Taking time for yourself is one of the key things you can do to make room for rediscovery.

Long-Term Rediscovery

12 Clearing out lingering beliefs
Some of the beliefs you have about yourself, others, or the world may be sticking around and causing negative feelings for you.

13 Staying inspired
Being inspired is one of the most closely correlated emotions to feeling energized.

14 A note about "selfish"
Other people will call you selfish when you're not doing what THEY want you to do.

Conclusion

15 Creating your beach
Thank you for watching!

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