

Shawshank Revealed: Success Secrets from the Classic Film

GoSkills online course syllabus

Skill level

Beginner

Lessons

23

Pre-requisites

No prior experience needed

Video duration

57m

Estimated study time

57m 52s

Instructor

Sam Bennett

Introduction

1 Changing your life through film

Throughout history, movies have taught society many things, and the classic film The Shawshank Redemption is no different.

Staying Calm

2 Staying cool under fire

One of the main characters in the film, Andy, shares the importance of emotional self control when he's tested under pressure.

3 Stoicism and controlling your reactions

You can't control the things that happen to you, but you can control how you react to them.

4 Implementing stoicism at work

The principles of the stoics are relevant beyond just controlling your reactions - they can ultimately help you to become more successful.

Trust People When Their True Colors Show

5 The Warden's hypocrisy

You've likely heard the expression actions speak louder than words, and this is true in the film.

6 Demystifying integrity

Integrity goes beyond thoughts of morality and instead helps you aspire to being whole and equal throughout.

7 Implications of Integrity

Integrity and its core principles are often taught at a young age, though it's not always obvious.

Who's Got the Power?

8 Finding people with real power

In life, you've probably encountered someone who feels they have more authority or power than they really do.

9 Power and influence

Being able to influence others and use powers for good can help you get more done, and keep more people happy.

10 Building your power and influence

It's necessary that you demonstrate an ability to build power and influence as these are things that can help you further yourself and your career.

Give First

11 A bucket of generosity

One famous scene in the movie shows Andy using his influence to help others rather than himself.

12 Showing up meaningfully

Generous individuals are often looked at as the people who give away the most, but in reality, it's the people who give what matters.

13 Cautious generosity

It can be really easy to want to be generous, but it can also feel hard to not give too much away.

Little Steps Matter

14 Tunneling with a teaspoon

Perseverance is a powerful tool that helps you appreciate little steps as progress towards a long term goal.

15 Power of perseverance

It's incredibly common for humans to overestimate what they can achieve in a year while also underestimating what can be done in 15 minutes.

16 Small actions of perseverance

Lofty, hard to achieve goals can easily fall to the wayside without strong plans that detail how you'll be successful.

Seeking Joy

17 **Mozart in prison**
When you're able to find things to appreciate in even the darkest moments, you tap into joy.

18 **Making space for joy**
Joy pushes beyond traditional happiness and actually unlocks your ability to find happiness in more of your surroundings.

19 **Joy-generating strategies**
Joy can help you change your perspective and appreciate more of what the world has to offer, even when it feels dim.

After Sewage Comes Paradise

20 **Swimming through sewage**
In the film, Andy notably swims in a river of sewage to find his way to freedom.

21 **Considering courage**
Courage is a powerful trait exhibited by Andy in the film that helps him to stay strong during times of strife.

22 **Life-changing courage**
When you have courage, you will do what others won't, and take risks that help you go further.

Conclusion

23 **Time for redemption**
Thanks for watching this course!

[Go to GoSkills.com](https://www.goskills.com)