

Shifting Your Mindset for Financial Agility

GoSkills online course syllabus

Skill level

Beginner

Lessons

14

Pre-requisites

No prior experience needed

Video duration

38m

Estimated study time

38m 53s

Instructor

Leah Davis

Introduction

- 1 You didn't plan on this**
Over your lifetime, you will likely experience financial strain.

What Happened?

- 2 Reveal the truth**
You can take your power back when you clearly articulate your financial setback from a place of awareness and without shame.
- 3 Acknowledge your part**
Determining how you have played a role with your pain is how you can discover your highest potential and begin again.
- 4 Accepting the truth**
The faster you can accept your setback the easier it is to stabilize and rebuild.

Letting Go

- 5 A small detour**
You are exactly where you are meant to be at this moment right now.
- 6 Forgiveness is freedom**
Forgiving yourself for your financial errors is an act of self-compassion.
- 7 Surrender the outcome**
Surrendering the outcome is a courageous act of faith.

Claim Your Future

8

Be intentional

Knowing how you want to experience life every day is the compass for your future.

9

Changing behavior

Small incremental shifts with your behavior will lead to desirable results.

10

Your action plan

Creating a deadline for completing the tasks necessary to rebuild is easier when it is broken into bite sized pieces.

Accountability Partnership

11

Connection is key

Having an accountability partner will ensure a higher probability of success.

12

Community benefits

Connecting with like-minded people is an added layer of support to help you stay motivated.

13

Financial coaching

Most Financial Advisors and Certified Financial Planners fall short in supporting clients with conversations about their money stories or behaviors around money.

Conclusion

14

Moving forward

Thanks for watching this course! You are making it clear you have every intention to accomplish your desired outcome with your finances.

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