

Unlocking Your Potential

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Pre-requisites

No prior experience needed

Video duration

55m

Estimated study time

55m 57s

Instructor

Elaine Lou Cartas

Introduction

1 Become your best self

Unlocking your full potential is a lifelong journey, and it can be challenging to know where to begin.

Celebrate Awareness

2 Increase your self-awareness

Increasing your self-awareness is critical in helping you figure out what's important to you.

3 Identify what isn't working

Assessing your past can provide answers to unlocking your true potential.

4 Identify your why

Creating change can be difficult when you are used to how you once were.

Trust Your Voice

5 Identify your wants

It's easy to get caught up in pleasing others. After this lesson, you'll be able to identify what you want versus what other people want for you.

6 Create boundaries

Others will question you as you become a better version of yourself.

Create Change

- 7 Ask reflective questions**
Self-reflection can be a catalyst as you initiate the process of creating change in your life.
- 8 Document lessons learned**
There's power in documenting lessons learned from the past so you can prevent mistakes in the future.
- 9 Manage your fear**
Change can be scary.
- 10 Watch your words**
What you say to yourself and others can affect your success.
- 11 Build a support system**
It can be lonely when creating change.

Set Your Goals

- 12 Identify 3 goals**
Specifying your career and life goals will make them attainable. After this lesson, you'll be able to identify three goals in your life right now.
- 13 Track your progress**
To ensure you accomplish your goals, you need to track.
- 14 Create baby steps**
You might feel overwhelmed to want to reach your goals now, but it's important to be patient.
- 15 Celebrate progress**
It's easy to get into the hamster wheel of doing, but you can't let the doing get ignored.

Conclusion

- 16 Achieve your true potential**
Thank you for watching this course!