



## NEW OPPORTUNITIES AND WAYS I CAN GROW AND ENHANCE MY LIFE DURING THIS TIME

This may be an important time for you to grow and enhance your life.

Please check the topics that would most inspire you and assist you to move in a new direction.

	Is not my focus right now	I'd like to focus on this at a later date	Definitely something I'd like to work on now
1. I now have the opportunity to do something I've always wanted to do. What have you always wanted to do? _____	_____	_____	_____
2. I now have the opportunity to discover what type of work I'd really love to do.	_____	_____	_____
3. I'd like to explore what will make me happy in my life.	_____	_____	_____
4. I now can explore those companies that are more aligned with my values and interests. What are your values and interests? _____	_____	_____	_____
5. I'd like to work on my interviewing skills and the way I present myself.	_____	_____	_____
6. I'd like to work on my job hunting skills.	_____	_____	_____
7. I want to work on my résumé so that it presents me in the best possible light.	_____	_____	_____
8. I'd like to go back to school to pursue additional training. What type of training? _____	_____	_____	_____
9. I'd like to go back to school and train for a completely different field. What field? _____	_____	_____	_____
10. I need some free time for myself right now. How will you enjoy this free time? _____	_____	_____	_____
11. I'd like to spend this time with my family friends, and significant other. How will you enjoy this free time? _____	_____	_____	_____
12. I've been out of balance for a while and I need to get back in balance. What's out of balance? _____	_____	_____	_____
13. I've been avoiding some things in my life and now is the time to take care of some things.	_____	_____	_____

- What are these things? \_\_\_\_\_
14. I'm not the person I used to be and I need to explore the person I am today. \_\_\_\_\_  
Who did you used to be? \_\_\_\_\_  
Who are you now? \_\_\_\_\_
15. I have the opportunity to learn from my mistakes and things that didn't go well. \_\_\_\_\_  
What were the mistakes you're choosing not to make again? \_\_\_\_\_  
What have you learned for the future? \_\_\_\_\_
16. It's important for me to explore why I sell myself short and settle for less than I really want. \_\_\_\_\_  
How do you sell yourself short? \_\_\_\_\_
17. I've allowed my fears to stop me before and now I need to move past them. \_\_\_\_\_  
What fears have stopped you in the past? \_\_\_\_\_
18. I've sabotaged myself or held myself back from success and now I am willing and emotionally ready to be successful. \_\_\_\_\_  
How did you hold yourself back? \_\_\_\_\_
19. I need to ask and allow for more help and support to come from others. \_\_\_\_\_
20. It's important for me to get more comfortable talking with and networking with strangers. \_\_\_\_\_
21. I need to have more faith in God \_\_\_\_\_
22. I'd like to focus more on my spiritual life. \_\_\_\_\_  
How? \_\_\_\_\_
23. I'd like to put more focus on my family life. \_\_\_\_\_  
How? \_\_\_\_\_
24. I have the opportunity to improve my relationships with others. \_\_\_\_\_  
Which relationships can you enhance? \_\_\_\_\_
25. I'd like to put more focus on my health and taking care of myself. \_\_\_\_\_  
How? \_\_\_\_\_
26. I need to become more active and create more actions to create what I want. \_\_\_\_\_  
What actions? \_\_\_\_\_