

Personal Priorities Bonus Worksheet #1: Opportunity Mapping

Think about opportunities and challenges on the following list that resonate with you and that you give energy to or want to give energy to on a daily basis. Circle the ones that are top of mind. Place each of the ones you have circled in the of the chart below according to two notions: The extent to which the challenge or opportunity impacts your life (high or low) and the ease with which you can change it, take advantage of it, or otherwise benefit from it (easy to do or hard to do). Place anything that is “somewhat” anything - hard, easy, high or low – in its appropriate spot on the arrows.

- Educational achievement
- Physical health and wellness
- Finding fun and happiness in life
- Finding meaning in life
- Personal life cycle events and transitions
- Personal growth
- Spiritual development
- Mental health challenges
- Income so I can focus on my passion
- Love relationships
- Partnerships
- Professional relationships
- Challenges to family stability
- Family issues
- Family life cycle events and transitions
- Friends and social networks
- Co-dependencies
- Career transitions
- Career or vocation challenges
- Career or vocation opportunities
- Financial security
- Job satisfaction
- Professional fulfillment
- Professional growth and development
- Separation from family and friends
- Work/life balance
- Adding value to the world
- Equity and social justice issues
- Poverty issues and opportunities
- Environmental issues and opportunities
- Health issues and opportunities
- Economic issues and opportunities
- Educational issues and opportunities
- Political issues and opportunities
- Global pandemic issues and opportunities

