

My Opportunity Grid

Opportunity Formula: I will [pmo] within [deadline] by [plan]. I will achieve this by [consistent action you will take].

	Family	Career	Health	Social	Spiritual
What is my personally meaningful opportunity?					
What is my plan and timeframe to take advantage of this opportunity?					
What consistent, measurable action will I take to reach fulfillment in this area of my life?					



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EXAMPLE

	Family	Career	Health	Social	Spiritual
What is my personally meaningful opportunity?	I can create meaningful conversations about my cancer diagnosis	I want to use my experiences to formally meet the needs of cancer survivors	I will make my health a priority	I want to use cancer stories to provide hope to other people	I will look for ways to support other cancer survivors in my congregation
What is my plan and timeframe to take advantage of this opportunity?	I will create a blog, and every time I get a cancer update, I will write a blog to update my family	In one year, I will launch my non-profit, by getting referrals from my community contacts	The next time I meet with my physician, I will get a referral to a cancer-specific exercise group and a nutritionist	I will create a Facebook space that shares survivor stories. In three months I will have a collection of stories to share publicly and launch my site	Lead a spiritual support group for cancer survivors. In the next month I'll create a flyer to share
What consistent, measurable action will I take to reach fulfillment in this area of my life?	I will write/share consistently and honestly - I will not protect my family from hard emotions	I will research non-profits, making connections in my local oncology community, and hold 2 fundraising events	I will stick to the diet and exercise routine I've developed with my team, and keep a food/exercise journal	I will connect with other cancer survivors and writing one story every week	Every evening, I will spend 30 minutes reading spiritual literature and taking notes to incorporate into this group