



# REFLECTIONS



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## FINDING NEW OPPORTUNITIES HOMEWORK FOR EPISODE EIGHTEEN

In Episode 18 of the Dauntless podcast, we heard from the Director of UpSkill America, Jaime Fall. He is passionate about helping organizations and individuals to improve their quality of work AND their quality of life.

Jaime believes that if you're not completely fulfilled in your career, then you should seek out other opportunities. He knows that sometimes we all can feel trapped, or stuck in a rut. But, it's possible to break down doors and find new paths.

So for this episode's mission, we are focusing on helping you to move forward and toward the life you desire. Answer the questions below, and as always- I'm here for you. Drop me a line if you need help.

**1.** What subjects and activities are you passionate about? What gets you really excited?

**2.** Do you have any hobbies? How can you schedule some time to take part in these hobbies? If you don't have any, schedule time to pursue learning more about your interests.

**3.** What are some ways you could take more time for yourself?

**4.** What are your primary goals? Consider one small action that you could do toward each of these goals this week.

**5.** What goal could you set that would make the greatest positive impact on your life?

**6.** If you could have any career, what would it be? What actions can you take now to start moving toward that career? Education? Certifications? Volunteering? Starting your own business on the side?

**7.** What things could you eliminate from your life that don't contribute to what's most important to you?

**8.** What negative things do you say to yourself each day? What are positive things you could use in their place?

**9.** Do you tend to be pessimistic? How would your life be better if you had a more positive outlook?

**10.** What are you grateful for? What could you be grateful for?

**11.** What are some simple, but meaningful, changes that you could make to your current career path?

**12.** Who can you reach out to for help in making those changes?

See? Now you have a vision, a start, a spark! That's all that it takes sometimes in order to make a change- whether big or small. Think it through, write it out, and then simply start!