



OPPORTUNITY IS WEALTH.

SOULMED

Opportunity Worksheet

Opportunities are wealth. Consider wealth in this case as more than just material or financial wealth, but wealth in health, relationships, etc. When you capitalize on opportunities that are presented to you have the ability to improve your quality of life and live out your true purpose. It is important to be mindful and present in each day and each moment so that you don't miss opportunities. Use this worksheet to determine if you are ready - mentally, emotionally, physically - for opportunities that may come or that you are actively seeking. Review this article on mindfulness vs. meditation :: <https://soul2soles.co/mindfulness>. It will help you understand the difference between the two + provide resources to start you on your journey to be more mindful and present in each moment. Need more support? Email me at heal@soulmed.co.

MAKE A LIST OF OPPORTUNITIES YOU WANT (REGARDLESS OF IF YOU KNOW THEY ARE COMING OR NOT).

MAKE A LIST OF WHAT YOU NEED AND WHERE YOU NEED TO BE MENTALLY TO TAKE ADVANTAGE OF THESE OPPORTUNITIES.



Opportunity Worksheet

MAKE A LIST OF WHAT YOU NEED AND WHERE YOU NEED TO BE EMOTIONALLY TO TAKE ADVANTAGE OF THESE OPPORTUNITIES.

MAKE A LIST OF WHAT YOU NEED AND WHERE YOU NEED TO BE PHYSICALLY TO TAKE ADVANTAGE OF THESE OPPORTUNITIES.

- DETERMINE WHAT YOU NEED TO DO TO BE PREPARED TO TAKE ADVANTAGE OF THESE OPPORTUNITIES.
- MAKE A LIST OF THINGS TO DO WITH DEADLINES.
- FIND AN ACCOUNTABILITY PARTNER.
- DO THE WORK!

