



THE ACTION PLAN FOR YOUR LIFE

The Action Plan for Your Life: Finding Your Potential

Session 2: What Opportunities Fit Me? Exploring Employment, Entrepreneurship & Career Pathways

Welcome to Session 2. Today we move from knowing your strengths to finding where those strengths can take you. Get ready to explore, reflect, and map out your possibilities.

Today's Objectives

By the end of today's session, you will have a clearer picture of where your strengths can lead — and a concrete map to get you started.

1

Explore Aligned Opportunities

Discover employment and entrepreneurship options that match your unique strengths and interests.

2

Recognize Opportunities

Learn how to spot possibilities around you — even when they aren't obvious at first glance.

3

Examine Pathways

Take a closer look at employment tracks and entrepreneurship routes available to you right now.

4

Build Your Opportunity Map

Create your own Personal Opportunity Map to guide your next steps with clarity and confidence.



OPENING REFLECTION

Crossroads Reflection

"What did you learn about yourself since our last session?"

Take a moment to think back on the past week. Did anything surprise you? Did a conversation, a challenge, or a quiet moment reveal something new about who you are or what you want? Reflection is not just looking backward — it is the fuel for moving forward with intention. Share openly; there are no wrong answers here.

Strengths Recap

Before we explore what's ahead, let's revisit what we already know about you. Your strengths are the foundation everything else is built on.

Your Top Strengths

Think about the strengths you identified in Session 1. Which ones felt most true to you? Which showed up in your daily life this past week?

Discussion: What Surprised You?

Sometimes the feedback we receive from others reveals strengths we hadn't noticed in ourselves. What did others say about you that caught you off guard — in a good way?



Tip: The strengths that surprise you are often the ones others rely on most.

What Is Opportunity Recognition?

Opportunity recognition is the skill of seeing possibilities where others see problems — or nothing at all. It's a mindset, not a talent. And like any skill, it can be developed.

→ Recognizing Possibilities

Train your eyes to see openings in everyday situations — in your community, your industry, and your own experience.

→ Looking Beyond Obstacles

Obstacles and opportunities often occupy the same space. The difference is perspective. What looks like a barrier may actually be a gap waiting to be filled.

→ Aligning with Your Strengths

The best opportunities are the ones that fit who you already are. When opportunity meets your strengths, momentum builds naturally.

✅ **Key Message:** Opportunities are often *discovered* before they are created. Start paying attention.

Why People Miss Opportunities

Most missed opportunities aren't missed because they weren't there — they're missed because something inside us gets in the way. Recognizing these barriers is the first step to breaking through them.



Fear

Fear of failure, rejection, or the unknown can keep us frozen right where we are.



Lack of Confidence

Doubting your own abilities makes it hard to take the first step, even when you're ready.



Limited Information

Not knowing what's available or how to access it keeps real options invisible.



Negative Thinking

A habit of focusing on what can go wrong drowns out the voice that says "this could work."



Waiting for Perfect Timing

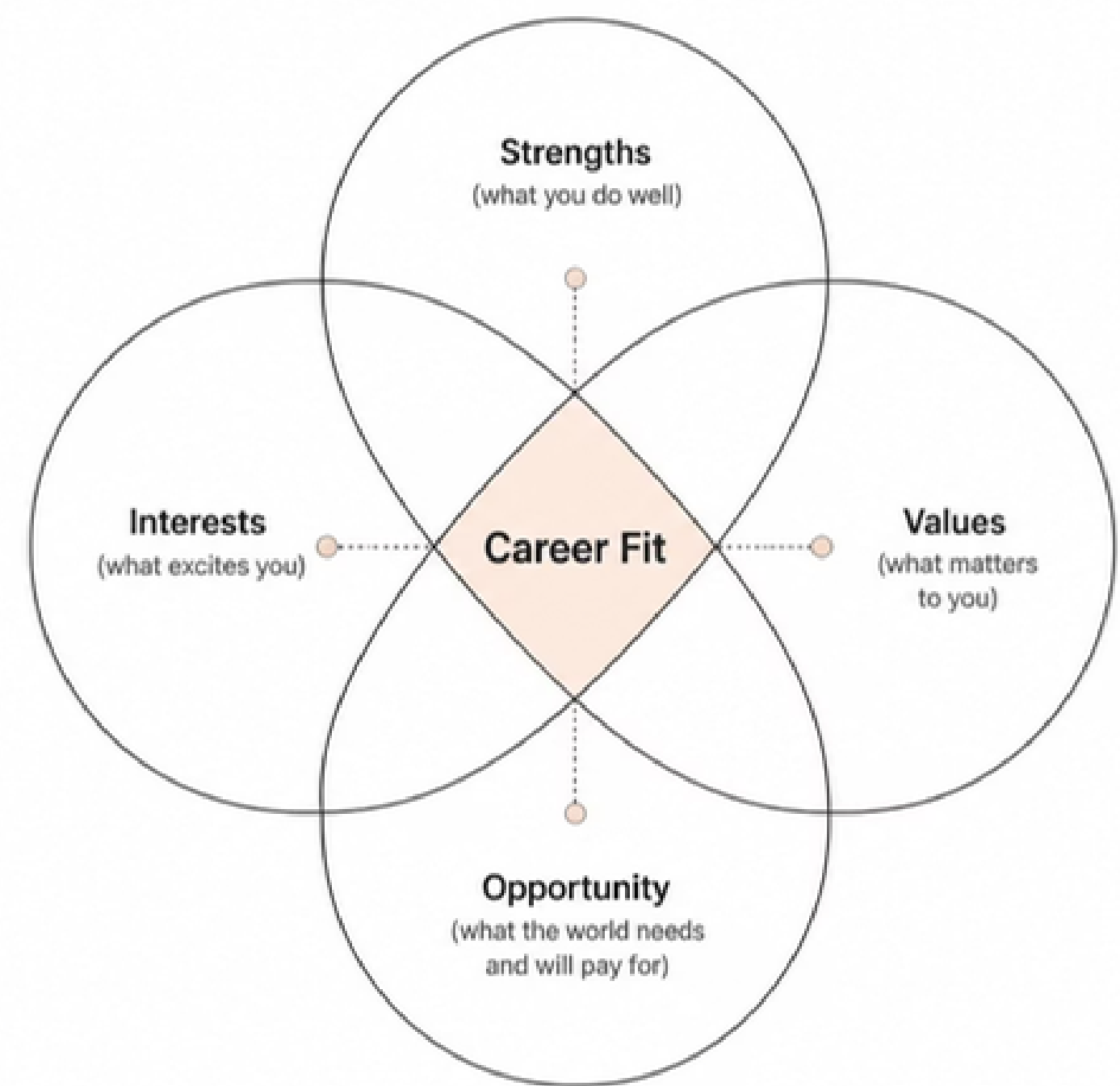
Perfect timing rarely comes. Action — even imperfect action — is what creates momentum.



Discussion: Which one of these affects you most? Be honest with yourself — awareness is power.

Understanding Career Fit

Career fit isn't just about finding a job — it's about finding work that energizes you, makes use of who you are, and aligns with what matters most to you. When all four elements come together, work stops feeling like a burden and starts feeling like purpose.



Discussion: What kind of work energizes you? Think about moments — at any job, volunteer role, or daily task — when time flew by because you were fully engaged.

Employment Pathways Overview

There are more doors open to you than you may realize. Today we'll walk through five high-demand employment sectors where real people — with backgrounds just like yours — are building stable, rewarding careers right now.



Skilled Trades

Hands-on, high-demand work with strong wages and apprenticeship pathways.



Transportation

Quick-entry roles that keep the economy moving, from driving to logistics.



Healthcare

A growing field with multiple entry points and a powerful sense of purpose.



Manufacturing

Reliable work producing goods — with increasing demand for skilled operators.



Customer Service

Versatile, transferable skills that open doors across virtually every industry.

Skilled Trades

Skilled trades are among the most in-demand and financially rewarding career paths available today — and many require less time and debt than a four-year degree. Apprenticeships let you **earn while you learn**, building skills on the job from day one.

⚡ Electrician

Install and maintain electrical systems in homes and businesses.

🌡️ HVAC Technician

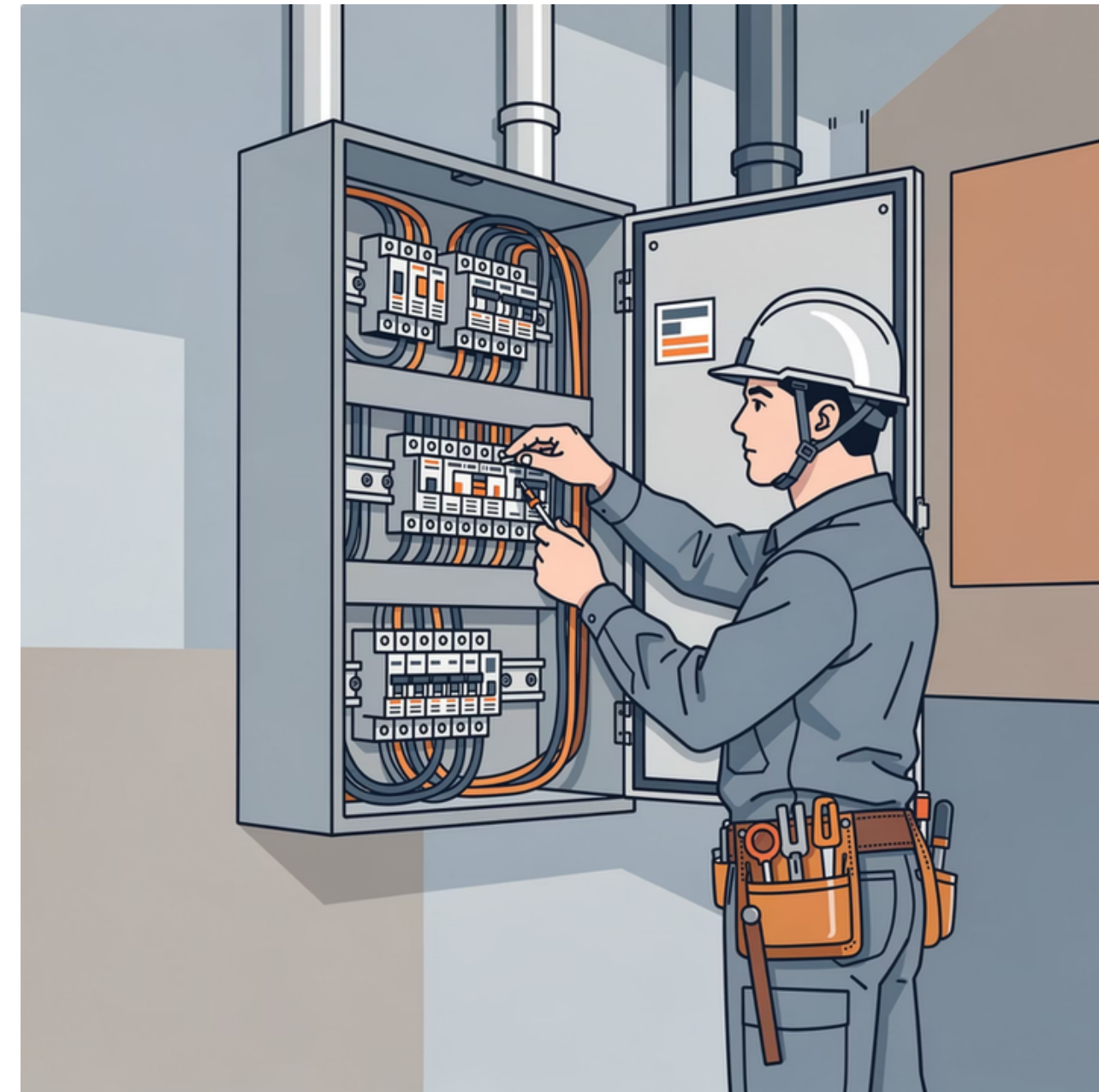
Service heating, cooling, and ventilation systems year-round.

🔧 Plumber

Install and repair water, gas, and drainage systems.

🔪 Carpenter

Build and repair structures ranging from furniture to frameworks.



Strong Demand

Millions of skilled trade jobs go unfilled each year — creating opportunity for those who are ready.

Apprenticeships

Get paid to train. Many programs cost little to nothing to enter.

Competitive Wages

Average salaries range from \$50K–\$90K+, with room to grow as you advance.

Transportation & Logistics

The transportation and logistics sector is the backbone of the American economy — and it's constantly looking for reliable, motivated people to keep it running. Entry is fast, training is accessible, and growth is real.



CDL Driver

Earn your Commercial Driver's License in weeks. Long-haul and local routes both offer strong, stable pay with signing bonuses at many companies.



Dispatcher

Coordinate drivers and shipments from a central hub. Strong communication skills are the key qualification — no specialized degree required.



Warehouse Operations

From forklift operation to inventory management, warehouse roles offer immediate entry and a clear ladder to supervisory positions.

EMPLOYMENT PATHWAY

Healthcare & Human Services

Healthcare is one of the fastest-growing sectors in the country — and it needs people who genuinely care about others. Whether you're drawn to hands-on patient care or community support roles, there's a path for you.

Certified Nursing Assistant (CNA)

A 4–8 week certification opens the door to direct patient care in hospitals, clinics, and long-term care facilities. A strong launching point for a nursing career.

Community Health Worker

Connect community members to health resources, navigate social services, and advocate for those who need a voice. Purpose-driven work that pays.

Medical Support Roles

Medical billing, administrative support, and patient coordination roles offer stable work environments and clear advancement tracks.

- ✔ Healthcare adds hundreds of thousands of jobs each year — with multiple entry points that don't require a four-year degree.



Entrepreneurship Pathways

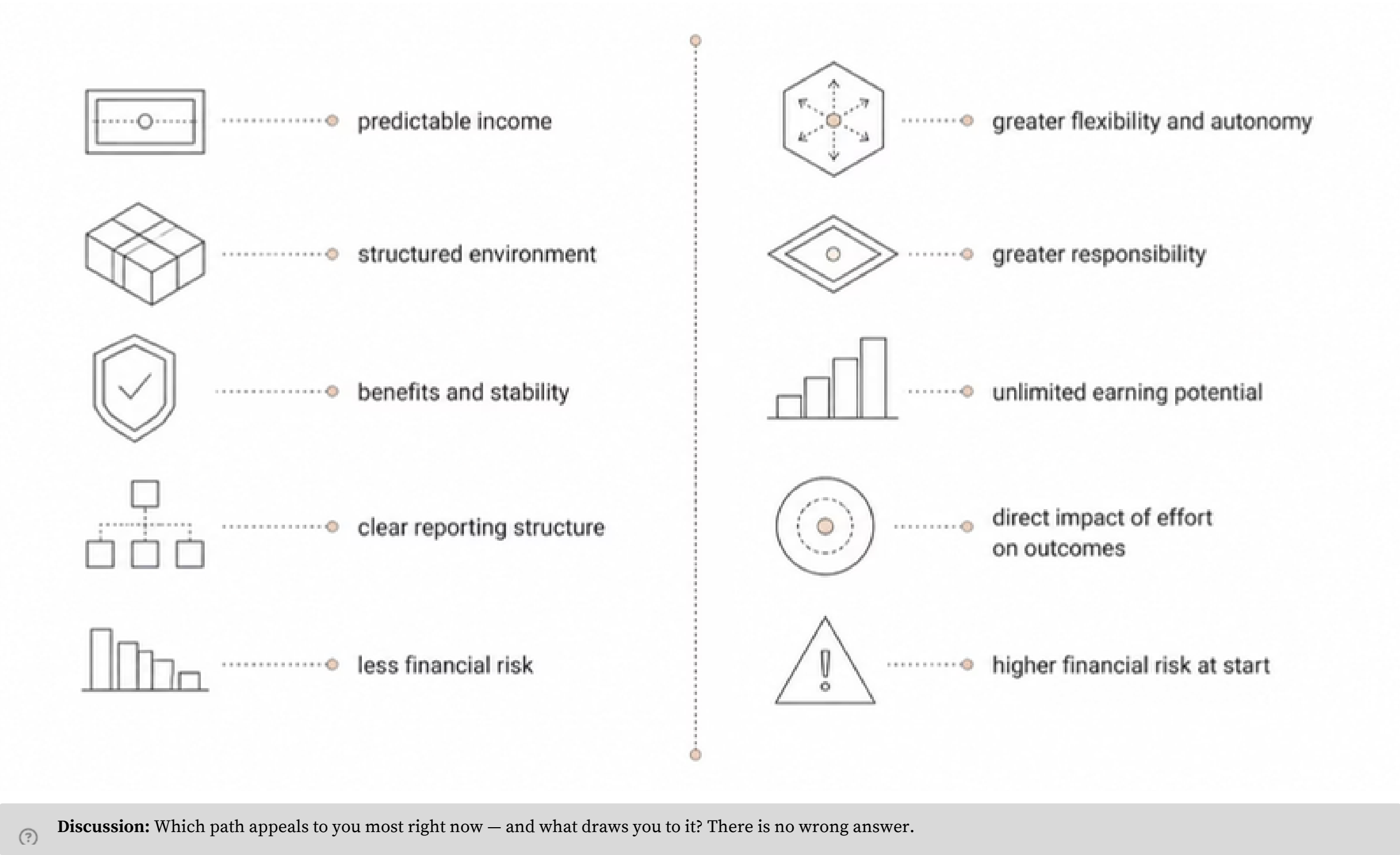
"Entrepreneurship is not about having a big idea. It's about **solving a real problem** for people who need it solved."

You don't need a business degree or startup capital to become an entrepreneur. Many successful small businesses began with one person, one skill, and one customer. Look at what problems exist in your community — and ask yourself if you're the one to solve them.

 Cleaning Services Low startup cost, immediate demand, and scalable with the right systems.	 Food Businesses Catering, meal prep, and food trucks tap into a market that never stops eating.	 Transportation Rideshare, delivery, and specialized transport for elderly or medical clients.
 Consulting Turn your expertise — in trades, business, or life experience — into paid advice.	 Digital Services Social media management, virtual assistance, and content creation are all growing fields you can enter with minimal overhead.	

Employment vs. Entrepreneurship

Neither path is better than the other — the right choice depends on your personality, your goals, and where you are in life right now. Understanding both honestly will help you choose with confidence.



Opportunity Mapping Exercise

Now it's your turn. You'll create your own **Personal Opportunity Map** — a visual tool that captures the possibilities that feel most alive for you right now. Don't filter yourself. Write down everything that interests you, even if it feels out of reach.

Employment

List the employment pathways that excite you. What roles, industries, or companies have caught your attention? What feels like a realistic next step?

Entrepreneurship

What problems could you solve? What services could you offer? List any business ideas — big or small — that feel connected to your strengths.

Education & Training

What certifications, programs, or skills would open new doors for you? List any training opportunities you've heard about or want to explore.

An illustration of a young man with dark hair, wearing a white long-sleeved shirt and dark pants, sitting on a wooden chair at a light-colored desk. He is leaning forward, writing in a small notebook with a pen. On the desk, there is a stack of three books (orange, dark blue, and white), a brown mug, and a closed grey laptop. The background is a simple, stylized room with light-colored walls and a few abstract shapes.

ACTIVITY TIME

Individual Work Time

Take 10 minutes. This time is yours.

Use your worksheet to complete your Personal Opportunity Map. Fill in all three categories — Employment, Entrepreneurship, and Education & Training. Don't judge your ideas as you write them. Just get them on the page. Quantity leads to quality — the more possibilities you list, the clearer your best options will become.



If you get stuck, ask yourself: *What would I try if I knew I couldn't fail?* Start there.



GROUP ACTIVITY

Share & Discuss

Sharing your ideas out loud is one of the most powerful things you can do — it makes them real.

What opportunities did you identify?

Walk us through your map. What showed up in the employment column? The entrepreneurship column? Did anything surprise you as you were writing?

Which opportunities excite you most?

Out of everything on your map, what are the top two or three that make you feel a spark of energy? What is it about those that feels right to you?

Reality Check Exercise

Excitement is the beginning — not the end. Now let's take your top three opportunities and look at them honestly. A reality check isn't about discouraging you; it's about preparing you to succeed.

Opportunity	Requirements	Training Needed	Timeline	Income Potential
Opportunity #1	List credentials, experience, tools	Certifications, courses, apprenticeships	Weeks / months / years	Starting wage → growth potential
Opportunity #2	List credentials, experience, tools	Certifications, courses, apprenticeships	Weeks / months / years	Starting wage → growth potential
Opportunity #3	List credentials, experience, tools	Certifications, courses, apprenticeships	Weeks / months / years	Starting wage → growth potential

 Use your phone, a program handout, or ask a facilitator to help you fill in any blanks. Research is part of the process.

Selecting Your Best Opportunity

After exploring many possibilities, it's time to zero in on the one that deserves your energy and focus. Use these four questions as your filter. A strong opportunity should be able to answer "yes" to most — if not all — of them.

1

Does it fit my strengths?

Will this opportunity let you do what you're naturally good at? When work aligns with strength, progress comes faster and feels more sustainable.

2

Am I genuinely interested?

Interest fuels effort over the long haul. If this opportunity excites you now, it's more likely to keep you motivated when challenges arise.

3

Is it realistic?

Given your current resources, timeline, and circumstances, is this achievable? Realistic doesn't mean easy — it means possible with the right effort.

4

Will it move me toward my goals?

Does this opportunity bring you closer to the life you want — financially, personally, and professionally? If yes, it's worth pursuing with full commitment.

YOUR COMMITMENT

Action Commitment

"An intention without a deadline is just a wish. A committed action is the beginning of change."

Before you leave today, complete this sentence in writing:

"Before next session, I will..."

Here are examples to spark your thinking — choose one, or write your own:



Research a Career

Spend 30 minutes online learning about one specific role — job duties, salary range, and how people got into it.



Contact a Program

Reach out to a training program, workforce office, or community college to ask about enrollment, costs, and start dates.

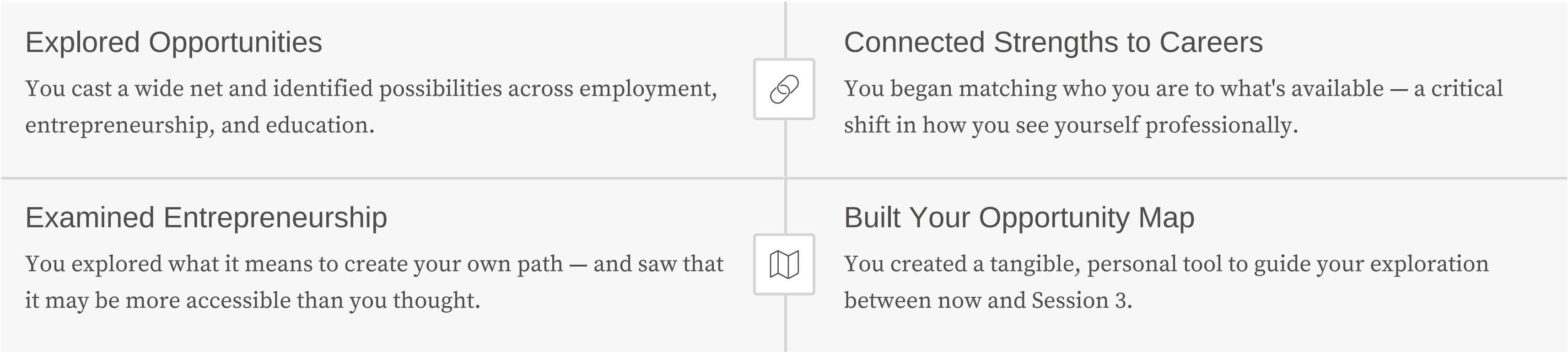


Talk to Someone in the Field

Have one real conversation with someone already working in a career you're considering. Ask them how they got started.

Session 2 Wrap-Up

Today was a big session. Look at how much ground you covered — and how much clearer your path is becoming.



✔ **Homework:** Take *one concrete action* toward exploring your top opportunity before Session 3. Research, reach out, or show up somewhere new. You've already started — keep going.