

WHEN OPPORTUNITY KNOCKS, WILL YOU BE READY?

UNDERSTANDING YOUR GPV

A 90-MINUTE WEBINAR



1. When opportunity knocks, do you know what you _____?

2. Understanding your "GPV" is key to living your _____.

3. G = _____; what are my _____?

What are my natural _____?

- | | | |
|--|---|--|
| <input type="checkbox"/> Public speaking | <input type="checkbox"/> Academics | <input type="checkbox"/> Adaptability |
| <input type="checkbox"/> Writing | <input type="checkbox"/> Sign language | <input type="checkbox"/> Imagination |
| <input type="checkbox"/> Self-management | <input type="checkbox"/> Teaching / training | <input type="checkbox"/> Athleticism |
| <input type="checkbox"/> Networking (person to person) | <input type="checkbox"/> Negotiating skills | <input type="checkbox"/> People judgment |
| <input type="checkbox"/> Networking (virtual world) | <input type="checkbox"/> Planning | <input type="checkbox"/> Awareness |
| <input type="checkbox"/> Critical thinking | <input type="checkbox"/> Leadership | <input type="checkbox"/> Integrity / honesty |
| <input type="checkbox"/> Decision making | <input type="checkbox"/> Listening | <input type="checkbox"/> Empathy |
| <input type="checkbox"/> Math | <input type="checkbox"/> Reading | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Research | <input type="checkbox"/> Persuasive | <input type="checkbox"/> Encouraging |
| <input type="checkbox"/> Accounting | <input type="checkbox"/> Data entry | <input type="checkbox"/> Software |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Initiative | <input type="checkbox"/> Computers / IT |
| <input type="checkbox"/> Marketing | <input type="checkbox"/> Intuition | <input type="checkbox"/> Financial management |
| <input type="checkbox"/> Advertising | <input type="checkbox"/> Imaginative | <input type="checkbox"/> Human resources |
| <input type="checkbox"/> Graphics | <input type="checkbox"/> Future thinking | <input type="checkbox"/> Meeting management |
| <input type="checkbox"/> Music | <input type="checkbox"/> Analyzing the past | <input type="checkbox"/> Learner |
| <input type="checkbox"/> Art | <input type="checkbox"/> Inspiring | <input type="checkbox"/> Bilingual or more |
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Story telling | <input type="checkbox"/> Systems management |
| <input type="checkbox"/> Photography | <input type="checkbox"/> Communication skills | <input type="checkbox"/> Brainstorming |
| <input type="checkbox"/> Woodworking | <input type="checkbox"/> Project management | <input type="checkbox"/> Positivity |
| <input type="checkbox"/> Video creation | <input type="checkbox"/> Sales | <input type="checkbox"/> Ability to focus |
| <input type="checkbox"/> Website | <input type="checkbox"/> Problem solving | <input type="checkbox"/> Ability to handle change |
| <input type="checkbox"/> Wisdom | <input type="checkbox"/> Computer literacy | <input type="checkbox"/> Conflict resolution |
| <input type="checkbox"/> Programming | <input type="checkbox"/> Detail oriented | <input type="checkbox"/> Self-assurance |
| <input type="checkbox"/> Jokes / humor | <input type="checkbox"/> Hiring / recruiting | <input type="checkbox"/> Maintenance / routine tasks |
| <input type="checkbox"/> Articulate | <input type="checkbox"/> Health / fitness | <input type="checkbox"/> Futuristic |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Dexterity | <input type="checkbox"/> Fairness |
| <input type="checkbox"/> Innovation | <input type="checkbox"/> Juggling | |
| <input type="checkbox"/> Trouble-shooter | <input type="checkbox"/> Magic | |
| | <input type="checkbox"/> Visualization | |

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4. When considering your gifts, reflect on these questions:

What am I doing when I lose all track of time?

What do I love to do, so much so that I look forward to every opportunity to do it?

Without worrying about “bragging,” finish this statement: “I am really good at...”

What do others say are my strengths: what do they ask for help with?

What work or volunteer projects have excited me in the past?

Now, review the checkmarks you made on page 1 and list only **your top 5 gifts** below:

- _____
- _____
- _____
- _____
- _____

5. P = _____.

Ask yourself the following questions when determining the “P” in your GPV:

• What issues resonate with me more than others?

• What do I care deeply about? What matters to me?

• What does my lifestyle say about my passions?

• If there were no obstacles (money, location, etc.), what would I spend my time on?

6. V = _____.

7. Values _____ us; they represent who we are at our core.

8. Our values are essential to our lives for us to feel _____.

9. Values include our _____.

- | | | |
|---------------|-----------------|-----------------|
| Authenticity | Fame | Optimism |
| Achievement | Friendships | Peace |
| Adventure | Fun | Pleasure |
| Authority | Growth | Poise |
| Autonomy | Happiness | Popularity |
| Balance | Honesty | Recognition |
| Beauty | Humor | Religion |
| Boldness | Influence | Reputation |
| Compassion | Inner Harmony | Respect |
| Challenge | Integrity | Responsibility |
| Citizenship | Justice | Security |
| Community | Kindness | Self-Respect |
| Competency | Knowledge | Service |
| Contribution | Leadership | Spirituality |
| Creativity | Learning | Stability |
| Curiosity | Love | Success |
| Determination | Loyalty | Status |
| Fairness | Meaningful Work | Trustworthiness |
| Faith | Openness | Wisdom |

10. Ask yourself, "What would I want people to say in my _____?"

11. Consider that _____ can be helpful throughout this process.

12. If you struggle with any part of your GPV equation, or just to check for "fit," ask yourself, "If I could live 3 lives simultaneously and each would allow me to express an important part of me, what would those 3 lives be?" Remember, no "shoulds" or "buts" allowed!

❖ _____
❖ _____
❖ _____

13. If, at any time during this reflective process, you feel negative or ambivalent about any of your answers, trust your _____; whatever you have recorded is probably not a reflection of you, but may instead be a reflection of what someone else expects of you.

If you had to answer this question right now, how would you complete this equation?

MY GIFTS = _____

MY PASSION = _____

MY VALUES = _____

A GREAT OPPORTUNITY FOR ME MIGHT BE _____

What can you take away from today's session to help you when opportunity knocks or to recognize an opportunity that will resonate with you? _____
