



IDEAL OPPORTUNITY SPECTRUM (IOS ACTIVITY)

Find a cozy spot where you will be undisturbed. Take five minutes to align with your highest energy with a ritual that feels good to you. Afterwards, enjoy three deep breaths.

Now pick up your pen and without over-thinking, write down your answers. Setting a timer for 20 minutes to finish this activity will ensure you are not over-analyzing your answers.

1. Brain Dump: In no particular order, write down all the jobs or careers you could picture yourself doing competently, whether you liked the work or not.

2. Now circle only the ones that bring you joy. List those below and write one or two reasons that career sparks up your energy. Feel free to add colors, doodles, or any illustrations if you feel moved to do so.



3. Place every option on the scale according to the number values below. (Use the white space provided under the color bar.)

10= Really rings my bells

8= I'm excited when I think about this

5= Not one of my favorites, but I could do it for a short time if there was room for growth

1= No way-- unless I really, really, really had to
These go in your red line area as back-ups (sometimes they need to be starting points if you are currently unemployed or about to be laid off) but they are not considered part of your IOS Spectrum

My IOS Spectrum

1 2 3 4 5 6 7 8 9 10



Talk with a Career Coach, mentor, or respected colleague about your IOS spectrum.
Determine where your current role/position fits on the spectrum.

Discuss 2 inspired actions you can start doing, 2 actions to STOP doing, and 2 actions to continue doing to move from where you are to where you prefer to be.

2 Actions to START

2 Actions to STOP

2 Actions to CONTINUE

Bonus Tip for ACTIONS TO START: Give yourself at least 5-10 minutes each day to FEEL the positive emotions as to what it would be like to be in the positions/careers towards the top of your IOS scale.

Completely picture yourself and the details of how your days would look and feel in that role. Only after allowing yourself this sacred creative time, then write down your next best steps that comes to mind.

If the inspired actions that came to you feel good to you, move towards completing them. If you find yourself not completing them or coming up blank when you visualize, talk with your Career Coach, mentor, or colleague to help determine if it is resistance to change, fear of failure/success, or something else in your way.

