

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #28

How to  
Create and Seize  
Opportunities



## TAKING ACTION

ACTION is the energy of translating our dreams from *concept* to *creation*...

From *imagination* to *reality*...

From *strategy* to *substance*...

From *vision* to *very real experiences and results*...

ACTION is what creates *outer world empires* from *inner world empowerment*...

It's the "motion of the ocean" and the "size of the waves" ...

It's the *wind* and the *water* that carries our *WILL* to whatever destination we seek...

ACTION is the key ingredient in our "Hell YES!" life that makes *anything* and *everything* possible because ACTION = CREATION.

So, how do we take intentional ACTION in a way that CREATES what we desire, versus action that might feel random, ineffective, or inefficient? How do we make sure that our efforts are "*thrive-mode-zeal'in*" instead of "*hamster wheel'in*"?

*Zeal = great energy or enthusiasm in pursuit of a cause or an objective; fervor for a person, cause, or object; eager desire or endeavor; enthusiastic diligence.*

Throughout this journey we've talked a LOT about the importance of your "WHY" and how crucial it is that you understand what motivates your "Hell YES!" life, whether you know the specifics yet or not.

*Your "WHY" and your "G.A.S. tank level" are the FUEL for exploring and creating your "Hell YES!" life....*

...and now that you've put the G.A.S. in the Mustang, filled up the tank, AND charted your North Star...***it's time to turn the engine on, put the pedal to the metal, and take the "Road of Opportunity" to "Hell-YES-Ville", Baby!***

Or, said more succinctly:

**Action is the engine and opportunity is the "Highway to Hell YES!" on this road trip called "Life. Fun. Purpose."!**

***It's time to take ACTION by creating and seizing OPPORTUNITIES that are aligned with your visions, values, and desires - experiences that will bring you exponentially closer and into to your "Hell YES!" life in real time and throughout your lifetime.***

Ready? *Let's do this!*

### **"Opportunity Profile" Quiz**

**First, please take a moment to rate yourself on a scale from 1 to 10 for the following 5 questions (1 = not at all, 10 = absolutely!):**

1. It's natural for me to notice opportunities *everywhere*, nearly *all the time*:
2. I'm proactive about creating opportunities *at least once a day*:
3. I'm I'm proactive about creating opportunities *at least once a week*:
4. When I see an opportunity, my tendency is to *go for it*:
5. I know how to take full advantage of opportunities:

## **HOW TO CREATE AND SEIZE OPPORTUNITIES**

First, let's get clear about a few things to make sure that we're on the same page:

### **"OPPORTUNITY" n.:**

*An occasion or situation that makes it possible for you to do something that you want to do*

### **"CREATE" tr v.:**

*To bring into existence; to produce or bring about by course of action or behavior*

### **"SEIZE" tr v.:**

*To take an (opportunity or initiative) eagerly and decisively*

Ok, now that we're clear about what each of these terms means specifically, let's briefly go over how they interconnect:

**There are 2 ways to harness the power of *opportunities* in your life: you can "*create*" them, or you can "*seize*" them (or, you can also do both at the same time).**

**Both acts of *creating* and *seizing* opportunities are rooted in empowerment:**

- When you ***create*** opportunities, you are proactively taking your life by the wheel (and taking yourself off of "autopilot" or passivity).
- When you ***seize*** opportunities, you are responding positively and TAKING ACTION toward to situations that are in alignment with your "Hell YES!" life (as opposed to avoiding, declining, or hiding).

**Both acts of *creating* and *seizing* opportunities must be at play *consistently* in order to create your "Hell YES!" life.**

## **The “W.A.N.D.” of OPPORTUNITY**

I’ve come up with a fun acronym and related activity to help with integrating and implementing this whole “ACTION via OPPORTUNITY” thing:)

Think of your **ability** to *create* or *seize* opportunities as your own personal *magic W.A.N.D.* that you can use anytime, anywhere. Just like in the movies, your *W.A.N.D.* can *make things happen*. Like, **BIG** things. All you have to do is follow a few simple steps!

First, I’ll introduce what each of the 4 letters in *W.A.N.D.* stands for, and then we’ll briefly unpack each letter, and then we’ll finish out with an interactive activity that will have you turning frogs into princes and pumpkins into carriages in no time! (*figuratively speaking, of course:*)

**“W.A.N.D.” = Whenever Awareness Nods, Do it!**

### **#1: “Whenever Awareness Nods, Do it!”**

As with *everrrryythinggg* else along this journey, **awareness** is the cornerstone upon which anything and everything intentional is created.

The greater your awareness, the more opportunities you’ll notice that are seize-worthy, and the more opportunities to *create* opportunities you’ll have!

#### ● **Action Steps:**

- **1. Implement an “awareness practice”** (see Module 3) and “wake up” triggers (sticky notes, phone reminder, etc.) to help you *stay vigilant, awake and aware of opportunities*.
- **3. This includes paying attention to the “Nod”** (which we’ll cover next) and being aware of when it occurs. Start fine tuning and honing your critical thinking skills, intuition, values, and physiological GPS (senses, “gut feelings,” preferences, desires, etc.)

## #2: “Whenever Awareness **Nods**, Do it!”

**Nod = Attention and Intentions are “Hell YES!” aligned**

A “Nod” happens when your **attention** (noticing the world around you) and **intentions** (desires, values, goals, curiosities, “WHY,” and “Hell YES!”) overlap and therefore new opportunities come into focus. When you *consciously* carry your *intentions* with you from moment to moment throughout your day, and pay *attention* through the lens of *awareness*, you will begin to *notice* the world around you.

Remember our friend the Reticular Activating System (RAS) and how its purpose is to focus, filter and feed that filtered information to our *subconscious mind*, which then creates our reality in alignment with our perceptions? Yep, that’s what’s at play here as well: the more aware and open to opportunities we are, the more we’ll encounter amazing people, situations, ideas, experiences, creative inspirations, “coincidences,” “synchronicities,” and abundance in alignment with our “Hell YES!” life.

Another form that a “Nod” can take is **intuition**:

- *The ability to understand something immediately, without the need for conscious reasoning.*
- *A thing that one knows or considers likely from instinctive feeling rather than conscious reasoning.*
- **Action Items:**
  1. **MEMORIZE your Values, desires, curiosities, “WHY” and any other aspects of your “Hell YES!” life.** The more familiar you are with them, the more “first nature” they will be, and the more quickly the RAS will be able to align your outer world with your inner.
  2. **Commit to saying this mantra (or your own version) to yourself several times a day:** *“Opportunities in alignment with my “Hell YES!” life are ALLLL around me and I take action on opportunities that are in the highest good of myself and all beings.”*

**3. Cultivate Curiosity: Get *curious* about the world around you and how your intentions might be served by taking action by creating or seizing opportunities.**

- a. Develop questions and thesis that you can then “test” by leveraging opportunity. Ex: *“I wonder if I could get an interview if I physically walked into the top 10 companies that I want to work at and made an in-person introduction...”*
- b. Remember that when you act on an opportunity, you are simply testing your hypothesis or “Nod” - and there is not necessarily any expected outcome - no “wrong” or “right” or “success” or “failure” - other than learning so that you can apply what you’ve learned on your “Hell YES!” journey.
- c. Say *“I wonder what would happen if...”*
- d. Ask yourself, *“What opportunities are right in front of me /could I create or seize right now?”*
- e. Ask yourself this question repeatedly: *“What else is possible? What else? What else? What else is possible?”* and make a list of everything that you come up with.

**4. “Tune in to” and strengthen your intuition:**

- a. There will be a workbook about this, but for now I recommend reading [this chapter about “Intuition”](#) from the book [“Living in the Light: follow your inner guidance to create a new life and a new world”](#) by Shakti Gawain.

### #3: “Whenever Awareness Nods, **Do it!**”

Ok, this is the ACTION piece: now that you’ve opened up your *awareness* and felt the “*Nod*”, it’s time to *do something now!*

Make a commitment to yourself that you will *take action* when you see an opportunity, even if that action is to simply create more awareness around what that opportunity might be!

#### Here are some tips to keep in mind:

- **DO it NOW**
  - Watch Mel Robbins TED Talk, “*How to Stop Screwing Yourself Over*” where she discusses “The 5 Second Rule” and “Activation Energy” - this is some *great* insight about how to act immediately before procrastination or excuses kick in.
- **Action KILLS Fear**
- **Take one step at a time** - just focus on the next step that you can take
- **Use your W.A.N.D. to spot opportunities within opportunities**
- **Remember, this is just a learning experience, and “failure” is simply a Gremlin word for “time to keep showing up and learning from results”**
- **Use your Gremlin slayers (Chapter 5) (they will pop up)**
- **Keep the connection between the *opportunity* and your *intentions*, especially your “WHY” and “Hell YES!” life...**
- **Hone your decision making skills (Module+workbook coming soon!)**
- **Regularly play “Where’s W.A.N.D.A.H.” (see below) with yourself or with other people**



## **WAYS TO TAKE ACTION / CREATE + SEIZE OPPORTUNITIES**

### **● CREATING OPPORTUNITIES / Active Curiosity:**

- o Research (web, books, informal interviews, courses, etc)
- o Starting a Conversation
- o Reach out to your network
- o Go to “Networking” or community building activities and events
  - See [Module 6.4: “The Relating Treasure Chest - Places and Ways to Find Your Tribe”](#) p25 & 28
- o Sign UP + DO the thing
  - Class
  - Vacation
  - Investment
- o Inviting
- o Make the “ASK”
- o Offering / volunteering
- o Please re-read [Module 5.1 “Limiters and Liberators”](#)

### **● SEIZING OPPORTUNITIES**

- o Notice when the ball is being “Vollied” in your direction
- o Say “YES” to invitations
- o Volunteer (any capacity)
- o Schedule things on the spot
- o Accepting help/guidance/mentorship
- o Use your time wisely
- o Apply for the job/position/title that was just posted
- o Listen to people
- o Receive help

## **GROUP ACTIVITY: “Where’s W.A.N.D.A.H.?”**

“W.A.N.D.A.H.” = **W**herever **A**wareness **N**ods, **D**are to **A**ct **H**eartily!

### **This activity is designed to:**

- Be FUN (ok, and maybe funny:)
- Help expand our awareness of what’s possible, and the ***opportunities*** available to us that we may not be aware of
- Bring in a “Mastermind” - type collaborative brainstorm in support of each other’s visions, goals, desires, and/or overall “Hell YES!”

### **INSTRUCTIONS:**

There is a 1-on-1 / Q&A component, as well as a Group Feedback component. (10 mins total)

### **PART 1: Q&A Component**

Person “A” in the “Curiosity Chair” asks Person “B” - the person in the “Growth Seat” - the following questions:

1. Please share a goal, desire, or something that you would like to make happen in your “Hell YES!” life. (1 min response)
2. Where’s “W.A.N.D.A.H.” - aka what *opportunities* can you either CREATE or SEIZE that are in support of your goal, desire, or “Hell YES!” life? Take a moment to reflect, and then please share any and all ideas that come up (2-3 minutes)
3. Which 1 or 2 of those resonate as the biggest “YES” for you?

## **PART 2: Group Mastermind + Brainstorm Time!**

**Person “A” (Curiosity Chair) asks the GROUP:**

- 1. Would anyone like to offer any “opportunity ideas” that might serve Person B? (3-5 minutes total)**
  - a. (Call on hands, 1 minute shares please)
  - b. *Group: Note: please be mindful to offer your thoughts and ideas in an unattached, supportive way (aka no “shoulding” or directing).*
  - c. Person “B” is welcome to ask any questions for clarification
  
  - d. **Person “A” then shares any ideas that they have**
  
- 2. Take into consideration all of the “Opportunity Ideas” that have come up: (1-2 minutes)**
  - a. Which 1 or 2 would you like to take action on?
  - b. What is your first step and when will you do it by?
  - c. Who can help you stay accountable?

## NOTES