



# **The Future is You**

**Making the most of  
opportunities**





# Opportunities for all

Today we will be thinking about **opportunities** that are available to us now and those which might be available to us in the future.

**Q. But first, let's think about the word opportunities. What does this word mean to you?**

The dictionary definition of opportunity is:  
'a time or set of circumstances that makes it possible to do something'.

**So an opportunity is a chance to do something, try something, or get experience of something.**

# Opportunities for all

Throughout our lives, we all have access to opportunities. Opportunities to try something new, learn something, or go somewhere.

Q. Can you think of any opportunities that you have been fortunate enough to have experienced?

These might be clubs you have joined, places you have visited, events you have been a part of or skills you have learnt.

**Let's share some of these opportunities.**



# What can we do right now?

Opportunities are all around us. Sometimes they are presented to us, but often we need to look for them.

Clubs in and out of school, trips to places of interest and joining in with certain events are all opportunities we can take.

**Make a list of all the opportunities usually available to you. Attending school, clubs, online activities, music lessons, visiting the zoo... anything at all that you might have a chance to experience. You may be surprised just how many there are!**





# Life begins at the edge of your comfort zone

Watch the first two minutes of the following clip.  
It's a good example of how someone faced  
their own personal challenges to stretch  
that comfort zone!

[Watch video](#)



# Future Opportunities

**As we grow up, different opportunities become available to us.**

What do you think you may have the opportunity **to learn** about as you get older?

What **skills** do you think you may have the opportunity to develop about as you get older?

What **places** do you think you may get the opportunity to visit when you are older?

What **job opportunities** do you think you may be available when you are older?



# Future Opportunities

Opportunities to  
learn about

Skills

Places to visit

Job opportunities



# Future Opportunities

## Why should we try to seize opportunities as they arise?

The opportunity might not arise again

It is a chance to try something new

We might learn a new skill or develop an existing skill

It might open the door to further opportunities

We could discover something we love doing or are great at

The experience could help us gain confidence

We might gain greater independence

It could help us reach our goals and achieve success

# The choice is yours

- As we grow up, we will all have opportunities available to us. If we pass them up and don't give new things a chance, we could be really missing out on amazing experiences.
- The opportunities we take can really help us go further in life.
- Stretching our comfort zone helps us grow as people – it's never as scary as it seems.
- You have the power to develop your knowledge, skills and confidence by seeking out new opportunities to develop and grow.





**Dream big. Work hard.  
Never stop believing that  
anything is possible.**