

Missed Opportunities Due to Addiction

Assess addiction's cost

Printable worksheet · 4 parts

Name _____ Date _____

Missed Opportunities Assessment

Reflect on opportunities missed to motivate positive change. The goal is awareness, not shame.

Financial Impact: \$0

Contents

- Part 1 · Career & Professional
- Part 2 · Education & Learning
- Part 3 · Personal Relationships
- Part 4 · Personal Growth

PART 1 OF 4

Career & Professional

Opportunity

Job promotions

Description of Missed Opportunity

Impact (1-10)

Est. Financial Impact

\$

Opportunity

Salary increases

Description of Missed Opportunity

Impact (1-10)

Est. Financial Impact

\$

Opportunity

New job offers

Description of Missed Opportunity

Impact (1-10)

Est. Financial Impact

\$

Opportunity

Professional networking

Description of Missed Opportunity

Impact (1-10)

Est. Financial Impact

\$

Opportunity

Skills development

Description of Missed Opportunity

Impact (1-10)

Est. Financial Impact

\$

Opportunity

Starting a business

Description of Missed Opportunity

Impact (1-10)

Est. Financial Impact

\$

Reflection

How might your career trajectory be different without the influence of addiction?

PART 2 OF 4

Education & Learning

Opportunity

High school completion

Description of Missed Opportunity

Impact (1-10)

Potential Long-term Value

Opportunity

College degree

Description of Missed Opportunity

Impact (1-10)

Potential Long-term Value

Opportunity

Advanced degree

Description of Missed Opportunity

Impact (1-10)

Potential Long-term Value

Opportunity

Professional certifications

Description of Missed Opportunity

Impact (1-10)

Potential Long-term Value

Opportunity

Workshops and seminars

Description of Missed Opportunity

Impact (1-10)

Potential Long-term Value

Opportunity

Online courses

Description of Missed Opportunity

Impact (1-10)

Potential Long-term Value

Reflection

What knowledge or skills might you have gained? How could they have shaped your life?

PART 3 OF 4

Personal Relationships

Opportunity

Family

Description of Missed Opportunity

Impact (1-10)

Potential for Repair/Rebuild

Opportunity

Romantic partners

Description of Missed Opportunity

Impact (1-10)

Potential for Repair/Rebuild

Opportunity

Friends

Description of Missed Opportunity

Impact (1-10)

Potential for Repair/Rebuild

Opportunity

Children

Description of Missed Opportunity

Impact (1-10)

Potential for Repair/Rebuild

Opportunity

Mentors

Description of Missed Opportunity

Impact (1-10)

Potential for Repair/Rebuild

Opportunity

Community connections

Description of Missed Opportunity

Impact (1-10)

Potential for Repair/Rebuild

Reflection

How have these missed opportunities affected your support system and personal fulfillment?

PART 4 OF 4

Personal Growth

Opportunity

Physical health

Description of Missed Opportunity

Impact (1-10)

Potential Benefits if Pursued

Opportunity

Mental health

Description of Missed Opportunity

Impact (1-10)

Potential Benefits if Pursued

Opportunity

Hobbies and interests

Description of Missed Opportunity

Impact (1-10)

Potential Benefits if Pursued

Opportunity

Travel experiences

Description of Missed Opportunity

Impact (1-10)

Potential Benefits if Pursued

Opportunity

Personal achievements

Description of Missed Opportunity

Impact (1-10)

Potential Benefits if Pursued

Opportunity

Spiritual/philosophical growth

Description of Missed Opportunity

Impact (1-10)

Potential Benefits if Pursued

Reflection

How might your sense of self and life satisfaction be different if you had pursued these opportunities?