

Getting through your Goal Obstacle Course

Think of a specific problem you want to get through and answer the following questions:

Do you have this problem because:

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| 1. You do not know what to do about it? | Yes/No |
| 2. You do know what to do about it but you don't think you are able to do it? | Yes/No |
| 3. You do not believe you can do it? | Yes/No |
| 4. You don't have the support you need? | Yes/No |
| 5. You don't have the energy or enthusiasm to do it? | Yes/No |
| 6. You don't feel committed enough to do it? | Yes/No |

Now take the question(s) you answered 'Yes' to and do the following:

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| 1. Who can you ask for help? |
| 2. What is it you don't have? |
| 3. What resources do you need? |
| 4. How can you measure your progress towards this? |