

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

***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? |