



Overcoming Obstacles Worksheet

Whatever your goal, obstacles will always present themselves and they can stop us in our tracks.

Follow these steps the next time you are facing an Obstacle.

TAKE TIME - Spend some time to feel what is coming up emotionally. We are unable to work on overcoming the obstacle if we are in an emotional space. Our emotions will urge us to quit. So, it's important to spend some time feeling these emotions. We are likely to feel like the world is against us and that we have failed. We sometimes feel shame and just want to hide. Understand that these feelings are normal. When we are ready, we need to switch off the emotional mind and start thinking with a clear mind, a mind that is ready to get back to planning your success.

1. List the emotions that are coming up and put explanations with them. You may feel more than one.

Example embarrassed – everyone will see that I failed

2. Now speak to yourself as if you were speaking to a friend, a family member or a child that is upset what would you say to them if they were feeling the way you are.

Example – You did not fail everyone has obstacles that's how we learn. You can do this; look how far you have come so far.

LEARN – Now it's time to get into our creative mind. We may need to consider different ways or approaches to reach our goal. We need to be flexible and open to new ideas and new solutions. Knowing what doesn't work allows us to think of different ways to reach our goal. Understanding and learning what doesn't work brings us 1 step closer to success. That's important information when executing a new plan...

3. List the things that are working great.

4. List what hasn't worked

REMEMBER YOUR WHY – What inspired you to take the journey and what were you hoping to gain before you started. Was it something you saw? – look at it again. Was it someone you admire? – understand they were once working towards the same goal.

5. Write down why you wanted to achieve what you are working for.

Example – I want to lose weight because I want to be a better role model for my children.

CELEBRATE HOW FAR YOU HAVE COME - Celebrate where you are today! It's important to recognize what you have already accomplished. We need to celebrate even the smallest steps in the right direction

6. Write down how you felt when you were moving towards your goal.

Example – I felt so good the week I lost 3 lbs.

REVISE YOUR PLAN - It's perfectly normal to change your plan along the way. Part of the journey is learning what works and what doesn't. Now we need to acknowledge what didn't work. Collect the information and understand what we learned. Accept the new information and consider alternatives. We need to write down the next 5 steps in the order of most importance. Now you need to complete the 2 steps that would be the easiest and/or most enjoyable, accomplish these steps within 24 hours. This will reignite your passion.

7. List the next 5 steps in order of most importance. In the next 24 hours complete the 2 steps that will be easiest or most enjoyable to complete.

Life is amazing but can be challenging at times, there are many roads and paths that can lead you to your goals or dreams... Don't give up, because a block in the road only means that you are going the wrong way and a journey is not a journey without turns, bumps, hills, mountains, and ditches.

You Got This!

Feel free to reach out to the myself or the team if you need additional help.

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