

OVERCOMING OBSTACLES WORKSHEET



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ROADBLOCK

barrier analysis

It's key to identify obstacles as it equips individuals with the information needed for informed navigation, fostering resilience and ensuring a smoother journey toward success.

List Your Goals

Reflect on Recent Challenges

Take a moment to reflect on the challenges or setbacks you've encountered recently. These could be specific incidents or ongoing difficulties.

Identify Internal and External Obstacles

Categorize each challenge as either internal (related to your mindset, beliefs, fears) or external (related to external circumstances, lack of resources, etc.).

Dig Deeper

What specific beliefs or fears are contributing to this challenge?

Are there external factors beyond your control that are affecting your progress?



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SUPPORT

spectrum audit

Develop a comprehensive inventory by assessing and leveraging personal strengths, support networks, and available resources, enhancing self-awareness and empowering individuals to effectively overcome obstacles.

Personal Strengths

Skills

Knowledge

Experiences

Support Network

Mentors / Advisors

Family / Friends

Professional Networks

Tools & Resources

Technology / Software

Books / Articles

Training / Workshops

External Support

Community Resources

Organizational Support

Online Forums / Communities

STORM

in the brain



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Engage in a creative brainstorming session, jotting down unique solutions for each obstacle. Prioritize, reflect on individual preferences, and commit to actionable steps, ensuring a strategic and personalized approach to overcoming challenges.

1

Strategies for Obstacle 1

2

Strategies for Obstacle 2

3

Strategies for Obstacle 3



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ICONS

of resilience

Gain insights and inspiration from role models who have successfully overcome obstacles.

Identify Role Models

List individuals who have overcome obstacles in areas relevant to your goals. Consider their experiences, achievements, and strategies.

Research and Reflect

Research chosen role models, reflecting on their journeys, obstacles, and strategies for overcoming challenges.

Extract Key Strategies

Identify key strategies or mindset shifts that resonated with you from your role models' experiences.

Map Strategies to Goals

Connect the identified strategies to your own obstacles. Outline actionable steps to apply these strategies in achieving your goals.