



Overcoming Barriers

Use this space to work through a real barrier to one of your goals. You'll identify the goal, the obstacles in your way, and create a specific action plan to overcome them.

Step 1: Set Your Goal

Goal: _____

Step 2: List Your Obstacles

1. _____
2. _____
3. _____

Step 3: Prioritize an Obstacle

Prioritized Obstacle: _____

Step 4: Brainstorm 4 Ways to Overcome It

1. _____
2. _____
3. _____
4. _____

Step 5: Create Your Action Plan

Plan: _____