

Overcoming Obstacles

This refers to your ability to identify any potential barriers that might get in the way of you achieving your goals and to come up with a range of appropriate strategies for dealing with those barriers.



Hope



30 Minutes



Advanced

Long-Term Goal	Short-Term Goal	Potential Obstacles	Steps To Overcome Obstacles
Get a promotion at work	Complete 2 online professional development courses next month	I work late hours and am tired when I come home; my children take up a lot of my free-time in the evenings	I will ask my boss whether there is a way to complete some CPD training during my work hours; will do some weekend courses

Full Instructions

1. Look back at your "Rate My Goals" worksheet. Now that you have identified what your **long-term goals** are, it is time to take appropriate action towards achieving them.
2. Using the worksheet in the download materials, write down **2-3 short-term goals** that will help you to pursue each of the long-term goals you rated as **lower than a six** on the "Rate My Goals" worksheet.
3. Once you have done this, think of any **potential obstacles** you might face when pursuing these goals and write them down.
4. Finally, consider the **steps** you will take to overcome these obstacles and put them into practice.