



2.1 OBSTACLES

ACHIEVE YOUR GOALS

You can be sure that life will at times be a twisting path of “potholes” around which you must navigate. You’ve likely been through phases of your life already where you wondered if your luck would ever change. Then, things calmed down and you discovered the smoother, straighter road.

Regardless of where your journey leads, it’s important to be able to continue making progress to meet the goals you’ve established for yourself. **When you are experiencing tough times, staying focused on what you want in life will keep your spirits high and bring you joy.**

The key to a fulfilled life is to achieve your goals no matter what. This lesson gives you five strategies that you can always use to keep obstacles from stopping you.

TRY THESE TIPS TO CONTINUE GOING FOR
YOUR GOALS EVEN WHEN THINGS GET TOUGH:

Know exactly what you’re after in life. / What do you want your life to be like?

When you’re sure, you can then plan your activities over the short and long term to help you achieve your goals.

Write a clear/short sentence describing that very thing:



Keep your list of life goals short and to the point.

Write up to 5 'life goals' (minimum of 3) for yourself:

**Examples of life goals are*: Save 25% of my yearly earnings for kids' education, vacations and retirement," Take budget-friendly vacations out of the country every 5 years," and "Retire when I'm 67."*

Infuse elements of achieving your goals into your everyday life.

Have reminders and tasks to do that are related to meeting your life goals throughout your home. Make your life goals part of your everyday life so that even when times get bumpy, you'll be able to keep your eyes on what's really important to you.

Write at least 5 ways you can infuse your goals into your everyday life:

**Let's say one of your goals, a trip out of the country, will be to Australia 3 years from now. Have a couple of books about Australia laying around the house, on your coffee table and nightstand. Listen to music/podcasts from Australia on your MP3. Print pictures of Australia and keep them where you can see them at work & at home, etc...*



Positive Self-Talk

It can be quite helpful to use positive self-talk. When you do, you'll be more likely to keep working toward your goals in life. Say something like, "I'm in a rough patch but I will still keep saving for my retirement and my kids' educations." **Using positive self-talk keep's your spirits buoyed when you feel like you're floundering in choppy waters.**

Write a brief 'saying' you can begin to repeat to yourself, as it relates to your goal(s) :

**Examples of positive self-talk are "I can get through this, just like I did before," "As long as I keep moving forward, things will be okay," "Change is good, it brings out my creativity" or "Looking good, Feeling good, I should be in Hollywood."*

Reflection

Reflect on your efforts in order to reinforce them. Even though you may be struggling, think about what you've accomplished just this week to achieve your goals. Maybe you made a couple of phone calls, explored the internet to gather information, or drew up a new budget to ensure you're on target for saving for your life goals.

The fact is you did something. And recognizing that will reinforce your efforts in your quest to achieve your goals.

Tell yourself "I CAN and WILL excel in times of great challenge."



Keep working toward accomplishing your goals even though life throws out more than a few obstacles at you.

Know what you're after and stay focused. Make your life goals a part of your daily life and use positive self-talk. Acknowledge what you've done to keep moving forward.

Apply these strategies to help you consistently work to meet your life goals. If you do, you'll accomplish whatever you want, no matter what. If you know the most common obstacles and how to overcome them, you'll have a huge advantage in the game of life.

JOURNAL ASSIGNMENT:

For one day, pay attention, notice and then journal the types of things you say to yourself.

Then; after the day is complete. Reflect on what you've recorded and answer these questions. Write down your answers...

- How much of it is negative?
- How do you think this negative self-talk influences your attitude and results?
- How does it affect your ability to overcome life's obstacles?