

The Extraordinary Wonder Of Obstacles

Have you made up your mind that you are going to achieve the things you want out of life no matter what obstacles you come up against? What have your responses been like in the past? Take the time to think about those times that you did give up. Think back to several goals or dreams you had in the past. Mentally relive the experience that led up to your quitting pursuing your goal. Perhaps, you set a goal to lose unwanted pounds and never followed through with your plan. Or, maybe, at one time you desired to expand your education and take a few college courses.

When you can remember at least three times in your life when you stopped short of achieving what you had planned, list them in the first column on the chart below. In the second column, write down what it was that stopped you from pursuing your dream or goal. Identify the obstacle that came into your path. Document specifically what it was that caused you to give up on this dream.

Then, write down what you could have done to achieve your goal. Was there some action that you could have taken to overcome the obstacles that challenged you at that time? Write down everything that comes to mind in the third column.

In completing this exercise, many people realize that they were very close to achieving their dream, when they quite trying because of one obstacle or another. Ask yourself, what can you do now to recapture the desire to achieve your dream and renew your passion.

What I Wanted	Why I Gave Up	What I Could Have Done

Form courtesy of and copyrighted by Karla Guleserian, karla.gu@verizon.net, digiintelligence.com | FB257