

## Overcoming Obstacles Exercise

Write down an obstacle that holds you back from fulfilling your goal. (For example, it can be lack of time, insufficient capital, not knowing the right people, etc.)

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Write down at least five creative ways of overcoming that obstacle.

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From the above list, choose one thing you will do to overcome that obstacle and achieve your goal.

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Make a commitment.

Today I will:

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This week I will:

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On an ongoing basis I will:

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