

Module 5 – Lesson 33: Identify Potential Obstacles

In the last lesson, we looked at the importance of gathering resources. Without any available resources, you can't change anything. Though, sometimes, time is the only resource you need.

Obstacles Can Require Additional Resources

This is one of the reasons obstacles are important to identify.

Without any obstacles, achieving your goals and living the best year of your life would be easy. All you'd have to do is make a few decisions. But it's not that easy.

Life is full of obstacles that will derail your efforts if you're not prepared.
Unsuccessful people are easily dissuaded by obstacles.

Identify the obstacles that can stand in your way:

1. **People.** Interestingly, the people in your life can be the biggest obstacles you'll face. There are very few people in your life that will be 100% supportive of your efforts. The remainder can directly or indirectly sabotage your efforts.
 - Some people will try to help, but do the opposite. Some of the people in your life will have the best of intentions, but hinder your efforts. They may caution you to be realistic or remind you of past failures.
 - Your overweight spouse might be threatened by your efforts to lose weight.
 - Your brother might be upset if you make more money than he does.

- Keep your eyes open and pay attention. Most people want to see you do well, just not better than they're doing themselves.
2. **Yourself.** We all sabotage ourselves on a regular basis. We do so with our thoughts, habits, beliefs, and fears.
 - It's easy to determine if you're getting in your own way. When you think about your goal, do you feel anything other than excited and enthusiastic? If so, you're in danger of being your own worst enemy.
 - Monitor yourself daily by reviewing your goals and noticing your emotional response. Any negative feelings about achieving your goal must be managed if you want to be successful.
 - Your beliefs about yourself can be highly limiting. For example, the belief, "*I'm bad with money*" will be an obstacle to financial success. If you identify with being a shy person, your social life will have challenges.
 3. **Momentum.** It's tough to get started. It's even a law of physics. It takes more energy to get something moving that it takes to keep it moving. Expect resistance early in the process of making changes to your life.
 4. **Randomness.** Life itself presents obstacles. You can argue whether the universe is challenging you or if it's simply bad luck. However, there's no disputing that random things will get in the way during your pursuit of your best year ever!

Anticipate the things that can go wrong. ***Be prepared for the most likely obstacles.*** Expect resistance while you're changing your life. Things won't go smoothly 100% of the time. Get started and strive for consistent progress.

"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." - Michael Jordan

Obstacles are a part of life. The question is, do you have what it takes to become the type of person that overcomes obstacles and achieves success? You'll find out in the next lesson.

Get Started on the Tips in This Lesson:

Consider all the people in your life. Which of them are obstacles to your objectives? What can you do about it?