

Name: _____



Overcoming Barriers

There are often obstacles that get in the way of realizing barriers. Identifying the strategies to overcome the obstacles will help you to realize your goals. Respond to the questions below to ensure you are ready to realize your goals.

1. What is needed to write an effective goal?
2. How will you deal with interfering stressors?
3. How will you keep yourself motivated?
4. What organizers will you use? (*checklists, calendars etc.*)
5. How will you manage your time effectively?
6. Who and what will help you to stay the path?
7. How will you prioritize your actions?
8. How will you cope with interruptions and distractions?
9. How will you deal with time wasters?
10. How will you stay positive?