

# **Activities/ Resources for Outcome #5**

## Changing Obstacles into Opportunities

Often when we don't reach the goals we have set for ourselves, we come up with excuses that make us feel better about not meeting those goals. We hold on to these excuses even if they are poor ones. Why do we do this? We do this because we have a difficult time explaining to ourselves and to others why we let obstacles stand in our way. Obstacles do not necessarily have to block our next step – they can be our next step! Obstacles may be less of a problem than we originally thought if we figure out what we can do about them. This process requires we make backup plans. Here is a 4-step process to make a backup plan:

**1. Below, list at least one obstacle you identified as "Almost Always" (see list on following page).** State each issue in the form of an obstacle: "I can't do \_\_\_\_\_ because of \_\_\_\_\_."

**2. Next, think of and write below your excuse relative to each of the above.**

For example, *"I am the one who makes dinner, and my family would not eat properly or maybe even go hungry if I weren't there to cook for them."*

**3. Think about and explain each excuse** beginning with a statement such as: *"That is really not true because many people manage--they just find someone to help them."*

**4. Make a statement about your backup plan** by rephrasing the statement above.

For example, *"If I go to school at night, then I must ask someone else to make dinner, or make it ahead of time, or order something for delivery."*

## OBSTACLES WORKSHEET

Sometimes	Often	Almost Always	External Obstacles
			Family expectations
			Too many family responsibilities
			Not enough work experience
			No chance to do this
			Not enough time
			Not enough money
			Too many responsibilities with my friends, my job, etc.
			Not smart enough
			Don't have the skills I need
			Don't have a GED <sup>R</sup> or a high school diploma
			Other (specify)
Sometimes	Often	Almost Always	Internal Obstacles
			Fear of change
			Fear of making a wrong decision or taking a risk
			Lack of self-discipline/Procrastination
			Don't care enough about it
			Other (specify)