

## Identifying Barriers You Need to Overcome in Order to Reach Your Goals

| Barriers/Obstacles  | Action Steps | Available Resources |
|---|--------------|---------------------|
| 1.  | 1.           | 1.                  |
| 2.  | 2.           | 2.                  |
| 3.  | 3.           | 3.                  |
| 4.  | 4.           | 4.                  |
| 5.  | 5.           | 5.                  |
| 6.  | 6.           | 6.                  |
| 7.  | 7.           | 7.                  |
| 8.  | 8.           | 8.                  |
| 9.  | 9.           | 9.                  |
| 10.   | 10.          | 10.                 |
| <b>Action Steps: Put your steps in order. Add steps if necessary. Define each step in behavioral terms.</b> |              |                     |
| 1.  |              |                     |
| 2.  |              |                     |
| 3.  |              |                     |
| 4.  |              |                     |
| 5.  |              |                     |
| 6.  |              |                     |
| 7.  |              |                     |
| 8.  |              |                     |
| 9.  |              |                     |
| 10.   |              |                     |
| <b>Important words for Goalsetting Task</b>   |              |                     |
|   |              |                     |

