Overcoming Obstacles

We all encounter obstacles in life whether it's related to our finances, relationships, work, conflict, or illness. There are many things that we desire, but there are always challenges that we must overcome before we succeed. Instead of thinking negatively and giving up on your dreams, why not figure out how you can overcome these obstacles and make them part of your success story? After all, the bitterest of obstacles only serve to strengthen us and make victory that much sweeter!

Leaping Past Your Obstacles to Achieve Success

Everyone would be rich, healthy, happy, and successful if it weren't for those brick walls that spring up unexpectedly and discourage us, but the real success stories all start with some problem, failure or obstacle. The truth is, there will always be things that stand in our way. That's precisely why we all have a choice: we can choose to believe we can overcome any obstacles, or we can choose to give up. *It always starts with a choice.*

Setting Attainable Goals to Overcome Obstacles

You need to be able to set attainable, realistic goals so you can leap over the obstacles that are in your way on the path to success. Setting goals is a great way to move past obstacles because it gives you a timeline to help you get things done regardless of the barriers along your path. This will also help you make constant progress toward your goals through prioritization and organization.

Setting goals is important to overcoming obstacles because it allows you to envision your future and create something concrete to work toward. Many people become apprehensive when they only see barriers and roadblocks standing in their way. These people see the obstacles but don't see the goal at the end of their journey. Sadly, they give up before they get started. But this doesn't have to be you!
Creating Bite-Sized Goals

Goals often help people see the obstacles they thought existed don't exist at all, or they were just not as insurmountable as they first thought. After all, there's no need to make a mountain of a molehill!

On the other hand, if your obstacles are significant ones, you may find it beneficial to break these obstacles down into mini goals. When you set attainable, realistic goals you are breaking the obstacles into manageable bite-sized pieces that you can overcome one at a time.

For example, if you need a college degree to meet your ultimate goal, consider the application process as your first mini goal and move forward from there, one step at a time.

Using Affirmations and Positive Self-Talk to Break Down Mental Barriers

Leaping past your obstacles is easier when you have a positive mindset. Affirmations and positive self-talk help you program your mind for success. For example, you may find it easier to move forward with your goals if you said, I am capable of succeeding without feeling overwhelmed or unfulfilled. By implementing affirmations you will create a positive inner dialogue so you can overcome any obstacle with confidence and purpose.