

Overcoming Obstacles



20 Minutes



Identify any potential barriers that might get in the way of you achieving your goals and come up with a range of appropriate strategies for dealing with those barriers.

Long-term goal	Short-term goal	Potential Obstacles	Steps to overcome these
Get a promotion at work	Complete 2 online professional development courses next month	I work late hours and am tired when I come home; my children take up a lot of my free-time in the evenings	I will ask my manager whether I can complete some CPD training during my work hours; I will do some weekend courses

Instructions



1. Take a piece of paper and write down your **major goals** for the next year. You can also look back at your “leadership pizza” and pick the goals you identified there.
2. Now that you have identified what your long-term goals are, it is time to take appropriate action towards achieving them. Write down **2-3 short-term goals** that will help you to pursue each of the long-term goals you identified earlier.
3. Once you have done this, think of any **potential obstacles** you might face when pursuing these goals and write them down.
4. Finally, consider the steps you will take to overcome these obstacles and **put them into practice.**