



Exercise #3

It is difficult to articulate our goals when we let fears – real or imagined – keep us from pursuing what we desire. To help remove the obstacles that keep you from reaching your goals, write them down in the space below.

Write down a positive response to each obstacle in the second column.

Obstacles	Positive Response

Share on of your Obstacles and Positive Responses with a partner. Have your partner give you different positive responses. Switch roles.
