

## OVERCOMING BARRIERS TO ACHIEVE YOUR GOALS

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Every successful woman has experienced positive ‘aha’ moments and negative setbacks on her journey of accomplishment. No inspirational achievement arrives without a challenge. Learning from the struggle becomes part of her success.

Use the worksheet below to reflect on your challenges and start to see them as an opportunity to strengthen as a leader and who you are becoming.

### Life Lessons – The Gift of Experience

Being alive is to feel all of life, its highs and lows, abundance and darkness, triumphs and setbacks – it’s all part of the experience.

Which 3-5 major events or circumstances in your life have made you who you are today? Try to name these chapters or themes as succinctly as possible.

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2 .....

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3 .....

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4 .....

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5 .....

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When we hear another person’s life story we’re often inspired, but it can be hard to have that view of ourselves. Changing our inner perspective is an invaluable strategy to overcome the inevitable obstacles of life. It’s an advantage to identify the opportunity for growth in any situation. During negative setbacks it can help to reduce suffering and identify a way forward more quickly.

Take a moment to pause; find a perspective of compassion and generosity towards yourself in your story above. Name the lesson, opportunity or gift in each event.

1 .....

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2 .....

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3 .....

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Tip from the top - Whenever you notice stress, anxiety or a negative emotion taking over, STOP. You will not create your best work from this perspective. Show yourself some kindness and give your body the oxygen it needs to recover in the moment. Breathe deeply, move your body and tune into your inner knowing. Now, what is your wisest next step?

## Professional Growth - The Next Big Step

There's no stereotype for success. Comparison to "who is" or "what was" successful is pointless because it wasn't shaped by you (yet).

Think ahead 3-5 years, what's the audacious goal your heart desires in your career?

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Being extreme can open up new ideas. You don't have to stay there, but exploring the widest possible range engages your imagination into what's possible. How would the following values give you energy or growth on your journey?

Freedom.....

Creativity.....

Empathy.....

Laser Focus.....

Think of the times you've been successful before, the feedback you received and the knowledge you gained. Which 3 professional strengths will support you now?

1 .....

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2 .....

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3 .....

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Tip from the top - Don't edit yourself too soon. We often stop ourselves from dreaming by asking the obvious, practical questions. Rationality limits imagination. Let what you're longing for be known, if only to yourself. Trust yourself to work out the "how" later on.

## Personal Growth - Moving On, A New Start

Our heart's desire doesn't come with a map, it's not necessarily easy to follow our dreams. Going for an audacious career goal can come with a personal cost.

What would you need to let go of to allow more space for your dream to happen?

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What's one habit you've learnt in the past to effectively manage your stress?

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What commitment will you make to support your mental health in the next 3 months?

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Criticism can come from love, but the harshest critic is often inside our own head. These inner critics are voices we've acquired from many people throughout our lives, they may have good intentions, but they may not live into our full version of success. Being able to separate the inner voice of wisdom from the inner voice of criticism is a key life skill for authentic leaders. Only you, inside of yourself, can see your own values, your important relationships and all of your responsibilities, across the whole of your life.

Which negative belief or inner critic is most likely to hold you back on your journey?

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The loving part of criticism is the truth, but it's usually less than 5% of the story. Your inner critical voice is very good at telling you stories to caution you and keep you safe. Unfortunately to do that, it also tells us many lies about the situation, about others or about our self. The skill is to find the tiny grain of truth in the story.

Thinking about the beliefs which hold you back from your dreams. What's true about the following?

Circumstance.....

Other People.....

Your Capacity.....

Tip from the top – The quicker we accept setbacks the more easily we’ll succeed despite them. Separate from the situation and the other people involved, to ask yourself, “What’s the growth available to me now?”

## **Own Your Story – Do Things Which Scare You**

Most negative emotions are driven by fear – it’s a surprisingly liberating insight, because fear can be used as a signpost for opportunity. Seeing fear as an edge to grow, can turn a challenge into something much more fun and exciting.

Being honest with the people around us about the vulnerability we feel, in a new situation or relationship, is also a great way to deepen connection.

Complete the following sentences.

The thing which scares me most in my life is .....

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In summary, my fear is that I .....

A successful way for me to cope with this fear might be .....

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Some people I can rely on to support me with this challenge are .....

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Making decisions you won’t regret can sometimes mean taking the hard path. Remember that almost everything in life can be changed and you will have the opportunity to grow, no matter what. So, even if you can’t see exactly what “it” is yet, go for it!

“Courage calls to courage everywhere.” Millicent Fawcett

