

Obstacles

What are your obstacles?

We all have them, and they may well be different for each of us.

The obstacles help to define us, and how we handle the obstacles can define our lives, our success and failure.

We are our own biggest obstacles. We divert our attention and focus to things that we shouldn't. We go off course and into dangerous territory.

Imagine just a few of the potential obstacles:

Television

Playing

Associating with the wrong crowd

Living in the past

Inappropriate secret relationships

Inappropriate behavior

Addictions

Self belief

Lack of confidence

Lack of work ethic

Bad habits

Physical

We all have obstacles in our lives. It's the overcoming and conquering obstacles that brings satisfaction and accomplishment. It's one of the keys to success.

To be successful, we have to know the prize, and keep our focus on the prize. By default, that means we have to stop focusing on the obstacles. We are what we focus on. We are and will be what we are doing today.

List the obstacles that are holding you back. Then, one by one, decide on the course of action to eliminate or minimize the effect of the obstacle. If there is an obstacle, there is a solution, a way around, or a way to reduce the effects of the obstacle.

Once listed, with a plan, you now have the energy and the focus. You realize the obstacle is mental and you have alternatives. You can succeed. You can change.

Your strong desire to succeed, to reach a goal, will provide the path to overcome the obstacles. But, if the obstacles are more important than the goals, why the obstacles will win.

A simple example is turning the TV off and spending time learning or practicing or perhaps it's getting up one half hour earlier in order to find time to work on your goal.

You are your beliefs, and you are what you do.

Don't allow the obstacles to become your focus. Acknowledge them and deal with them, keeping your eye on the important goals.

Obstacles are also opportunities. They show you the way to go as well as the way not to go. We know when we are taking the wrong road. We know when the obstacle has captured our attention to the exclusion of our stated goal.

Embrace the obstacle, realize you are bigger and more powerful than the obstacle. Decide how to conquer the obstacle and put your plan into action. Now. Today.