UNCOVER YOUR OBSTACLES

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THE CAREER RESET

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Find the things in your way of success

It's time to start building the roadmap to your goal. In order to identify the strategies you want to use, we start with identifying the obstacles.

In this exercise, you will be listing all the obstacles to your goal. Do your best to think of all the obstacles you can, but don't worry if you don't think of everything. I'll tell you right now that you won't. That's impossible.

New obstacles will come up along the way.

And you will handle them and come up with new strategies.

My recommendation is you bring this work to coaching sessions or ask for help in Ask A Coach so we can further brainstorm obstacles and subsequently, the strategies. You can also ask anyone else you trust to add value to your list.

But remember, the decisions are ultimately yours. Trust yourself. You know what you're doing.

MAKE A LIST OF YOUR OBSTACLES

List all the obstacles you can think of in each of these categories. Don't worry if your obstacles don't align with a specific category. The categories are there to help you brainstorm different possibilities. Avoid wasting your time worrying about what fits into which category. If an obstacle comes to mind and you don't know where to put it, simply put it anywhere.

Experience
Includes skills, achievements and people relationships

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Mindset
Includes thoughts you have about yourself, your situation and others

Financial
Includes your financial results or means, as well as your thoughts and feelings about money/assets

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Support

Includes the people and tools you use to support your career and life

Authority

Includes your influence on people/industry and what people believe about you.

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Life

Includes anything that's not your career that impacts your career.

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