1. What is preventing you from taking the action steps necessary to accomplish your goals?

I think the biggest limiting factor preventing me from taking the necessary action steps is just time and mental bandwidth. I tend to shoot for an optimistic maximum and end up not achieving the standards that I set forward for myself which is often disappointing. In some instances, I've had mentors call me out on this bad habit of mine.

Second to the limiting factor of bandwidth is the fact that I tend not to stay focused on any single project or goal unlike in years past. This is largely due to the lack of internal guiding fire that has previously driven me so hard. Finding that fire again, is something of a priority for me if I want to excel at what I do again.

2. Are the barriers external, such as lack of knowledge and resources, time and money? Or are they internal barriers such as complacency, fear or a lack of confidence?

Most of my barriers are pure internal barriers. Time is an internal barrier that I've setup for myself as a protection against my own tendencies since I know that I'll drive myself to death or mental breaking with relative ease. The other internal barrier is my lack of general focus since I'm so easily distracted for various reasons not limited to, communications, other tasks, and random ideas that scream at me. Very few of the ideas are sidelined due to resources and time since I usually just look for ways to subvert those barriers through creative solutions or scheming. Complacency is the other big internal barrier that I've got going on currently since I've started to settle into a bit of a rut which has been hard to break since I've gotten into Sac State.

3. What stands out to you, feels new to you, excites you, or challenges you from this lesson?

What stands out to me the most is the fact that I need to find a way to create that hunger for something more again. I think it's about due time that I go to other locations or do a bit of internal searching to get that spark going and burning hot again.