

## Barriers activity week 9

My goal is to \_\_\_\_\_

I wish to achieve this \_\_\_\_\_ often or when \_\_\_\_\_

This goal will help me in the pursuit of my value

\_\_\_\_\_

Which is important and meaningful to me (because)

\_\_\_\_\_

Internal barriers which I might experience

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

External barriers I might experience are

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Ways to overcome these are

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_