

# Career Obstacle Analysis Worksheet

## Chapter 15.1: Career Exploration and Goal Setting

### Instructions for Using This Worksheet

This worksheet helps you identify potential obstacles in your career path and develop effective strategies to overcome them. Follow these steps:

1. Identify 3-5 significant potential obstacles to your career goals
2. For each obstacle, analyze its impact and generate multiple potential solutions
3. Evaluate each solution based on feasibility and effectiveness
4. Develop a specific action plan for implementing your selected solution
5. Review and update your analysis as your career plan evolves

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### Common Career Obstacles to Consider

Here are some common obstacles that might impact your career goals:

- **Financial constraints** (education costs, living expenses during training)
- **Educational requirements** (degrees, certifications, continuing education)
- **Experience gaps** (lack of relevant experience, difficulty getting entry-level positions)
- **Skill deficiencies** (technical skills, soft skills, industry-specific knowledge)
- **Geographic limitations** (need to relocate, family obligations, work permits)
- **Work-life balance challenges** (time management, family responsibilities)
- **Market competition** (competitive fields, economic downturns, industry changes)
- **Limited professional network** (lack of connections, mentors, or references)
- **Personal challenges** (confidence, motivation, fear of failure)

# Obstacle 1

## Obstacle Description

*What is the obstacle? Be specific about how it could impact your career goals.*

## Potential Impact

*How significant is this obstacle? How likely is it to occur? What specific goals might it affect?*

## Solution Generation

*List at least three potential solutions or approaches to address this obstacle.*

Potential Solution	Pros	Cons
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>

## Selected Approach

*Which solution or combination of solutions will you implement? Why did you select this approach?*

## **Action Plan**

*What specific steps will you take to implement this solution? Include timeline and resources needed.*

## Obstacle 2

### Obstacle Description

*What is the obstacle? Be specific about how it could impact your career goals.*

### Potential Impact

*How significant is this obstacle? How likely is it to occur? What specific goals might it affect?*

### Solution Generation

*List at least three potential solutions or approaches to address this obstacle.*

Potential Solution	Pros	Cons
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>

### Selected Approach

*Which solution or combination of solutions will you implement? Why did you select this approach?*

## **Action Plan**

*What specific steps will you take to implement this solution? Include timeline and resources needed.*

# Obstacle 3

## Obstacle Description

*What is the obstacle? Be specific about how it could impact your career goals.*

## Potential Impact

*How significant is this obstacle? How likely is it to occur? What specific goals might it affect?*

## Solution Generation

*List at least three potential solutions or approaches to address this obstacle.*

Potential Solution	Pros	Cons

## Selected Approach

*Which solution or combination of solutions will you implement? Why did you select this approach?*

## **Action Plan**

*What specific steps will you take to implement this solution? Include timeline and resources needed.*

## Obstacle Analysis Summary

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### Priority Ranking

*Rank your obstacles by priority (which should be addressed first, second, etc.) and explain your reasoning.*

### Resource Needs

*What resources (financial, informational, support, etc.) will you need to address these obstacles?*

### Timeline

*When will you implement each solution? Create a timeline for addressing these obstacles.*

### Reassessment Plan

*How and when will you evaluate whether your solutions are working? What will you do if they're not effective?*



