# W04 Application Activity: Overcoming Obstacles

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## Overview

During weeks two and three you established your weekly study pace and identified some health and wellness goals. Now what? A plan without action isn’t going to get you very far. There will be obstacles that get in your way. This week you will identify some potential obstacles to maintaining your study pace and wellness goals as well as possible solutions for overcoming those obstacles.

## Step 1 – Chart your obstacles

Use the template below to identify **two** obstacles that may hinder your weekly pace and **two** obstacles that might hinder your health and overall wellness. Refer to your pacing guide and health and wellness goals for ideas.

## Step 2 – Chart your solutions

Write two things you can do to overcome each of the obstacles that you identified in the template below.

**Pacing Obstacles**

1. I am failing my HTML/CSS Class

* I can spend more time everyday working on my class by committing to an hour every day.
* I can take more breaks so my brain can chill and process all this great information in my subconscious.

1. . Everything is due on Saturday. I don’t have the time with work and school to finish it.

* I will spend more time during the weekend to finish my classes for thirty minutes a day.
* I will add my assignments to my schedule throughout the week.

**Health and Wellness Obstacles**

1. I spend too much time on my phone in the morning preventing me from exercising.

* I will hit a piece of paper every morning to remind myself to exercise first.
* I will go shovel snow first.

1. I spend too much time on my phone at work staring at screens and making it so I don’t want to work on homework when I come home.

* I can reduce my phone use to only lunch by putting it in a locker until lunch.
* I can take 2 minute breaks every twenty minutes from my computer so that my eyes are not that dry by the end of the day. I can also do upside down pushups throughout the day to reduce strain on my upper back and body.

*Go on to Step 3 🡪*

## Step 3 - Reflect

Answer the following:

You just finished the process of identifying obstacles and solutions. Explain at least two ways this process can help you achieve academic success as a student.

I think this process can make me more efficient student by allowing me to do a SWOT analysis on my current progress in my academic plan. When I can see my strengths, weaknesses, opportunities, and threats, I can make course corrections and punch above my weight as a student! Finding my opportunities and threats helps me see what I can do in my future and see the red lights flashing on my dashboard like my failure of my HTML class. I will probably reach out to my friend who took that class to help me catch up.

## Step 4

**Save** this document with your name in the filename, and follow the instructions in your course to submit it for grading and feedback.