

# Overcoming Obstacles Reflection Template

## 1. Identify Your 'Why'

Why did you set this goal? Who will benefit if you succeed? How will you feel when you accomplish it?

## 2. Break Down the Mountain

What are the smaller tasks that make up your big goal? List them below:

## 3. Focus on What You Can Control

What aspects of your current challenge can you control? How will you take action on these?

## 4. Reflect on Lessons Learned

What have you learned from the obstacles you’ve faced so far? How can you apply these lessons?

## 5. Visualize Success

Describe what success looks and feels like for you. Write it as vividly as possible:

## 6. Plan Your Next Steps

Based on your reflections, list the next steps you will take to move forward: