

Overcoming Obstacles

Angie Introduction

Dianne talks about Goal setting

Zig Ziglar's 7 steps to goal setting

1. Write it down
2. Put a date on it
3. Identify obstacles to overcome
4. Identify people or groups you need to work with
5. Find out what it is you need to know
6. Have a plan of action
7. Wrote it all down—what's in it for me

Vision, Values and What is important to you?

What are your goals? Fitness goal? Personal goal

Is it a good idea?

Example: I need to lose weight for my vacation

Is it a goal that stretches you? Does it have a bigger purpose?

Example: I will lose weight so I can play with my kids again.

We are going to talk about #3

You have a dream, you have written it down , you have tried and tried to make it happen but things, life keeps getting in the way. Can you identify why? It may be an injury, a death in the family, sick kids, snow days, a busy schedule or maybe fear of failure? How many diets have you been on? What has stopped you in the past? How many reasons can you give for not following your dream? As Zig Ziglar says we must identify the obstacles to get in our way. This way you can go through it, over it or get out of it's way so you can become what it is you hope to become. Do what it is you hope to do. Conquer what it is you hope to conquer.

Here are some practical ways that may help you in Overcoming Obstacles

Do you have a **strategy**?

1. View obstacles as opportunities to grow and learn
2. Have a plan for handling setbacks up front, implement plan and get through setback
3. Reevaluate how to handle obstacles and adjust coping skills **daily and throughout each day**
4. Celebrate!!! the little victories. It is not about perfection. It is the process and what we learn.

Learn from mistakes

1 . Everyday, try to free yourself from the desire for perfection. Feel good because of efforts and achievements. Confidence is quiet, motivates and inspires others. Confidence comes from challenging your limits, meeting challenges and setting new limits. Do not be afraid to make mistakes.

To take **personal responsibility** means **positive self talk**

2. Persevere. Don't expect results overnight. Life is a journey with unexpected pitstops. You can choose your attitude for the journey.

3. Take risks. New experiences are opportunities to learn and develop not just win or lose.

4. Don't be defeated. Everyone fails before they succeed. Patience with yourself. Determination to stick with it.

1. Face your fears (Mind)

Move into fear. No mountain is too high. Face fears ie injury, out of shape, gained weight. Visualize what you want to be and trust and listen to your body.

2. Trust your body

When you are tired, full, hungry know your boundaries

"Staying afraid keeps us from living".

3. Nurture your Spirit

Positive attitude is key, fear beats us down.

Learn to admire those before us

"Our lives are not determined by what happens to us but how we react to what happens, not by what life brings us but by the attitude we bring life. A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst, a spark that creates extraordinary results".

anonymous

Tell Story about neck surgery,

Angie Finish