

What gets in your way

Internal Barriers: Things that are "inside of us", like thoughts and feelings that prevent or stop us from completing our goals:

- Just don't feel like it/unmotivated
- Start worrying too much about what might happen
- Let yourself get distracted—video games, FACEBOOK
- Feel too self-conscious to try
- _____
- _____

I will get around this by: _____

External Barriers: Things that are "outside of us", that prevent us from achieving our goals: like not having enough time, money, or the necessary tools.

Examples:

- Not having the necessary "tools" e.g. cleats for soccer, don't have assignment, can't get book
- Need for help from others to carry out plan e.g. ride from father, quiet time at home,
- Other people changing plans or not following through
- Need \$\$
- _____
- _____

I will get around this by: _____

