O - OBSTACLE (INTERNAL BARRIERS)

WHAT INTERNAL OBSTACLES MIGHT PREVENT YOU FROM ACHIEVING YOUR S.M.A.R.T.E.R GOAL?

MAIN INTERNAL OBSTACLE:

ADDITIONAL INTERNAL OBSTACLES:

POTENTIAL EXTERNAL CHALLENGES:

PLAN (IF-THEN STRATEGIES)

CREATE SPECIFIC IF-THEN PLANS TO OVERCOME YOUR OBSTACLES:

PRIMARY IF-THEN PLAN:
IF _____
(MAIN OBSTACLE OCCURS)

THEN I WILL _____
(SPECIFIC ACTION TO OVERCOME OBSTACLE)

ADDITIONAL IF-THEN PLANS:
IF _____

THEN I WILL _____

IF _____

THEN I WILL _____

IF _____

THEN I WILL:_____

REMEMBER: THE POWER OF S.M.A.R.T.E.R GOALS LIES IN THE CONTINUOUS CYCLE OF EVALUATION AND READJUSTMENT, COMBINED WITH W.O.O.P'S MENTAL CONTRASTING FOR REALISTIC PLANNING AND OBSTACLE MANAGEMENT.

🎉 SUCCESS IS A JOURNEY OF CONTINUOUS IMPROVEMENT! 🎉