Appendix 4

Navigating Obstacles

Instructions: Fill out the worksheet. You can make as many copies as you want and practice with it. You can complete it in retrospect or for a future action you'd like to take when you know what the obstacles might be. The same "scene" can often go a more helpful way when we can recognize our choice points and make a mindful choice.

What's something that's really important to me (a hero's journey I'm on/would like to begin)?

_____

_____

_____

Why is it important to me? What am I hoping to achieve?

_____

_____

_____

How does/might it go when obstacles come up in a way that isn't helping me toward that goal? What does the "scene" look like?

I do (action): _____

_____

But (obstacle faced): _____

_____

Therefore (unhelpful action/choice): _____

_____

How could it go differently, in a way that would be more helpful toward your goal?

I do (action): _____

_____

But (obstacle faced): _____

_____

Therefore (potentially helpful new action/choice): _____

_____

Remember that new information coming in can change the choice we make, too. When will you reevaluate to see if this path still makes sense?*

_____

_____

_____

_____

* Put a reminder in your calendar, set an alarm on your phone, etc.