

Overcoming Obstacles

Is there a goal you want to reach but are uncertain how to do it?
Try this activity to help you overcome any obstacles you might face.

NAME

DATE

1. What is your goal? Write about what you hope to achieve.

2. What steps do you need to take to reach your goal? Make a list of all of the tasks you need to do to be successful. The first one has been done as an example.

STEP	TASK
Read book	Spend 30 minutes reading each night before bed
1.	
2.	
3.	
4.	
5.	

3. What obstacles might you face while trying to achieve your goal?

4. What is your deadline for reaching the goal? Set a specific deadline, and write down the deadline for each task leading up to the goal as well. The first one has been done as an example.

TASK	DEADLINE
Finish reading my book	May 8
1.	
2.	
3.	
4.	
5.	
GOAL REACHED	



Remarkable Women

Taylor Swift

Reference: Pages 16–17