

## YOUR PERCEPTION OF OBSTACLES MAKES A DIFFERENCE

You set goals and have dreams you want to fulfil. You are excited about life and what you want your life to be. And suddenly the life becomes standstills. Nowhere to go. The obstacles which hinder to move forward should be dealt individually.

Some people see obstacles as a puzzle to solve. Some see obstacles as an opportunity to grow. Others see obstacles as threats. Still others see obstacles as meaning they cannot succeed. Your view of barriers to achieving your goals affects how you react.

If you see obstacles as the world being against you or as meaning you failed, then you are likely to be overwhelmed with painful thoughts and difficult emotions when faced with blocks to your goals.



Perhaps you don't really experience thoughts when faced with an obstacle. Maybe you immediately experience fear or shame. Fear tells you to escape the situation, that you are in danger. Shame urges you to hide. If the situation isn't one in which you need to be afraid or ashamed, these emotions get in the way of your overcoming obstacles. (Other emotions that you might experience also urge you to take certain actions that might or might not be helpful.



Either your thoughts or your emotions or both can lead you to stop working on your goals. You lose your passion. Perhaps you become resigned and no longer think about your goals or what's important to you. Your reactions to obstacles stopped you from trying. Think about the last obstacle you faced. What thoughts did you have? What emotions did you have?

You start the work to make your dreams a reality. Then you run into roadblocks.

**MAKE YOUR DAY JOYFUL.**



**POSSIBLE**

