

Shifting Perspectives: Obstacles

This worksheet will help you explore a goal, including some of the obstacles that might be in the way. Before filling this out, take a breath and set an intention to be open-minded during this exploration. Bring mindfulness to the experience—nonjudgment, awareness, and presence! This means being kind to yourself, and simply noticing any judgment that pops up.

What is one goal that you want to achieve right now in your life, but you feel there are too many things in the way?

LET'S BRING MINDFULNESS TO THE EXPERIENCE:

Presence

In this moment, what are some of the obstacles between you and this goal? These may be external or internal factors.

Nonjudgment

An obstacle is defined as something that's blocking your way, or that's preventing or hindering progress. Why do you think these particular obstacles are blocking or hindering your progress? Do any judgments come up as you reflect on this?

Awareness

With a curious, open mind and heart, reflect on how you might be trying to avoid these obstacles. Are there any ways in which you try to go around these obstacles, or ways that you have done so in the past? Be kind to yourself—we all try to avoid discomfort sometimes!

Self-compassion

If your best friend had this goal and faced these obstacles, what would you say to them? What kind of advice would you offer them?

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Shifting Perspective

Is it possible that any of these obstacles may provide learning opportunities? What are some potential lessons that you might learn or skills that you might gain by facing these obstacles?

What might it look like if you were to choose any of these obstacles? How would you relate to the obstacle if you chose to have it in your life, as part of your life story?

Taking Action with Intention

What's one thing you can do in the next week to start facing these obstacles? Can you take a closer look at these obstacles? Are you willing to sit with them without turning away? Are there any specific, small steps you can take that will help you move through an obstacle?

Is there an intention that you can set to help you remember to be kind and patient with yourself along the way? Jot down some words and phrases that could be helpful for you.

