

Overcoming Obstacles to Your Success

In order to be successful, you have to overcome a great many things. Some of those obstacles are created internally. You can overcome these self-created obstacles with a little hard work and determination.—Andrée M. Harris

No matter what task you're taking on, you *can* set yourself up for success!

Here are some ways to deal with obstacles that may thwart your endeavors:

- 1. Understand your goals.** Know exactly what it is you're trying to do. You can't just run in without a plan of some kind. *Take the time to plan out your goals and the steps you intend to take to reach them.*
 - Even with an exceptional plan, the reality is that things rarely go exactly as you'd expect. You'll have to stop and make changes at times, and that's okay! Be prepared for the unexpected with ideas on how to handle a situation if it arises.
 - Identify the parts of your plan that may become problematic and lay out alternatives.
- 2. Trust yourself.** *You're in charge of your journey to success.* You set your goals and you're the one making it happen, so you must trust yourself. If you truly have a great passion for what you're going to do, then you'll be the best judge of what you want.
 - Follow your instincts. That little voice in the back of your head may very well end up telling you exactly what you need to succeed in your goals.
- 3. Get help.** If there's something in your way and it's too big of an obstacle for you to remove on your own, get help! You can't do everything by yourself. As humans, we're social beings and we need help from those around us.
 - *Get your friends, family or co-workers involved and welcome their input* on how to get around an obstacle in your path. This will bring in new ideas and fresh perspectives on the problem in ways you may have never considered.
- 4. Gain a fresh perspective.** There are times when, no matter how hard you try, things just don't go your way. This is where you need to stop, take a step back, and look at things from a different perspective.
 - *You become used to your routine, so the fine details can easily slip past you.* Take a break and walk away for a little bit. Change your focus for a time; then come back to the problem and you may see something you missed.
- 5. Never ever give up.** *Nothing has ever been solved or accomplished by giving up.* Vince Lombardi said it best: *"Winners never quit and quitters never win!"* This is as true as it gets.

- Being too rigid on something can be counterproductive. In order to succeed, *we sometimes have to change our approach completely*. Keep at the problem until you find a solution. It's there; you just have to find it.
6. **Start again.** *Sometimes, despite all your efforts, you need to rebuild from the ground up.* Maybe one of your fundamental ideas was wrong and had an effect on everything else. This happens, and while it's a setback, it's not the end of your dream.
- With a little more effort and hard work, *you can do it!*

Being successful isn't easy and it involves a lot of hard work, dedication and sometimes sacrifices. With these tips, a good plan, and positive people around you to help, you can accomplish anything you set your mind to.