



Four Whys to Overcoming Obstacles

List the specific goal, opportunity, or action that you would really like to pursue:

Now ... answer the following sections in order to identify all the reasons that you desire to pursue as well as the reasons that may be holding you back.

1. **WHY?:** Why do you want to pursue this dream? Why is this a great opportunity? Why is this action something you would like to take?

2. **WHY NOT?:** What are all the reasons keeping you from pursuing at this time? Are they reasons or excuses? Write anything and everything down and then weigh them against your desire.

3. **WHY NOT ME OR MY BUSINESS/CAREER?:** Is there something specific to you that is causing you not to pursue? Skills? Confidence? Options? Is there something specific about your business or career that is causing you not to pursue? Money? Resources? Support? Time?

4. **WHY NOT NOW?:** What are the reasons you believe it is not the right time to pursue? Are these legitimate and why?

Now, if this is something you really need to get to or really desire to pursue, then it is time to be reminded of the three promises you should make and keep to yourself to make it REAL.

**I will find a way or make a way.
I will not feel guilty about making life easier for myself.
I will be open to all possible resources and support.**