
2 Obstacles & Solutions

Every person who practices has obstacles. That is a guarantee. The trick is to find a solution for the that particular obstacle. But first, we need to identify your obstacles.

Instructions: Give yourself a minimum of 15-20 minutes to complete this sheet. Start by quietly reviewing your Setting Intentions worksheet. While reading through your intentions notice any positive or negative thoughts that arise. Look for any thoughts pertaining to why you think won't be able to start practicing.

Worse case scenario: No matter how grave or trivial, list three reasons why you **think** you could fail at starting a practice.

- 1.
- 2.
- 3.

Validity: How valid are these reasons? Does it matter if you **think** you are going to fail? Why or why not?

Logistical obstacles: List 2-3 logistical obstacles that could keep you from getting on the mat (such as, no props, messy house, no time, etc).

On-the-mat obstacles: List 2-3 obstacles that might occur while on the mat (such as, interrupting children or pets, cell phones, wandering mind).

Solutions: *Learn to be solution oriented.* On the back of this sheet, create two columns. In the left column list your **Logistical obstacles** and your **On-the-mat obstacles**. In the right column create corresponding solutions for each of the obstacles. Keep in mind that a solution could be asking someone else for help. For instance, if your kids are interrupting ask them to help you by timing your practice, or if your pets are irritating see if your neighbor will do a dog walking swap. Stay open minded.