

## Overcoming Obstacles

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What obstacles do you think you will face over the next 6 months?:

**1. Moving forward with your education?**

**2. Maintaining positive behavior?**

**3. Getting along with others?**

**4. Maintaining a positive attitude?**

OK... so what are going to do about these obstacles? Pick 2 from what you listed above and fill out the charts below to describe what YOU will do to overcome these obstacles.

Obstacle #1

| What PERSONAL STRENGTHS will you count on? | What "self talk" will you use?<br>[Positive belief statements]<br>[Affirmations] | How can you REFRAME things? |
|--|--|-----------------------------|
|  |  |                             |

Obstacle #2

| What PERSONAL STRENGTHS will you count on? | What "self talk" will you use?<br>[Positive belief statements]<br>[Affirmations] | How can you REFRAME things? |
|--|--|-----------------------------|
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