



Identifying Barriers to Set Attainable Goals

We all know the importance of setting goals. One way to set yourself up for success when setting goals is to consider obstacles that may arise.

Considering any barriers or obstacles that may get in the way of reaching your goals lets you plan ahead to address these barriers.

If your goal is to begin walking three times per week but the week ahead calls for rain every day, knowing how you will handle this can increase the chance you will still achieve your goal. Maybe you will decide that on rainy days you'll set out an umbrella and raincoat the night before, or instead, maybe rainy days will mean that you practice a different form of movement like yoga indoors.

Simply knowing what you will do to address barriers can help remove uncertainty and decrease the chance that something out of your control will get in the way of you crushing your goals!

Try to set a goal for yourself that you feel is attainable and if you find there are barriers, identify them and make adjustments to suit your needs.

Goal 1 _____

Barriers? _____

Adjustments made:

Check out **Take Note Journals**, a three-month wellness planner where each month you can set up to three goals, and address any barriers that might come up for you.