



# Everything Is Possible

## Act and Adjust: Exercise

### Life Planning Exercise 4 – Overcoming My Challenges

As you look at your dreams, it's easy to become overwhelmed thinking about what it must take to make them come true. You might have a hard time getting started because you can't see exactly how the journey will proceed, but you somehow seem to see every obstacle that might crop up along the way. This is why most people never take action toward achieving their dreams.

To live the *Everything is Possible* mindset, do not focus on what you think you cannot do, and focus instead on what you *will do!* Stop thinking about what is going to prevent you from living your dreams, and direct your attention toward what you are going to do to achieve them.

**Step 1 – Perceived Obstacles** - For each of the dreams you visualized in the previous exercise, identify one to three things you believe might prevent you from fulfilling your vision in the boxes provided.

**Example:** *It will be hard for me to stay healthy because I am very busy and may not have enough time to exercise.*

Dream Obstacle 1

Dream Obstacle 2

Dream Obstacle 3

**Step 2 – What I Will Do Statements** - Now that you have identified the perceived challenges to your vision of fantastic life, take the focus off why they will stop you from living your dreams, and envision how you will overcome them. Stay focused on what you will do rather than on what you can't.

***Example: I will make exercise a priority and give up some other activities that are not as important to my happiness.***

What I Will Do Statement 1

What I Will Do Statement 2

What I Will Do Statement 3