



# Getting Past Any Obstacles in Life

## Getting Past Any Obstacles in Life

Some of life's obstacles are much bigger than others. Regardless of the size of the one you might be facing today, though, you can get past it. It may appear to loom, covering most of the future, but it's only the angle from which you're looking that makes it seem so big.

***You can overcome challenges when you learn to see them differently!***

Do you tend to talk about how big your hindrances are, rather than discussing how big your abilities are, or how big your Higher Power is? No matter what your beliefs, there's something out there, *something valuable*, that's bigger than the obstacles you're facing today.

***Focus on what you're capable of, not on what's trying to hold you back.***

## Seeking Solutions Effectively

First of all, ensure that you take time each day to remind yourself of your value. Even if you feel silly at first, reminding yourself what you *can* do and how important you are *will* start to resonate with your spirit.

This process will enable you to begin to truly believe in yourself. At some point during the resulting rise of your self-confidence, you'll also realize that there are ways to get around life's challenges, no matter how difficult they are.

***You'll know that you have the power to make a difference in your future!***

How you look at your obstacles makes a big difference in how large they seem and how difficult it will be to work through them. Sometimes, what appears to be an obstacle is really an opportunity to move to a higher level in your personal or professional life. It's important to keep your eyes, mind, and heart open to that possibility.

### ***Focus your thoughts on:***

- What you can do instead of what you can't
- Who can help you get through the obstacle you're facing
- What rewards lie on the other side of the obstacle
- What the obstacle can teach you for the future
- How to form a plan to get around or through the obstacle

When you focus on what you can do, what comes next, and what rewards you'll see in the future, it'll be difficult to stay upset about the setback.

***Consider this:*** Were it not for that challenge you're facing now, you might not work to strengthen your talents and become more than you are today. You're wonderful the way you are, but there's always room to improve and feel even better about yourself.

### **Moving Forward**

No matter how much you think about an obstacle, you also have to *do* something about it. It's not leaving on its own, so planning to move past it is important. ***Avoid turning and running from it.*** Challenges are there for a reason: to separate those who are committed to moving forward from those who are not.

Show your commitment today by laying out a plan to handle your obstacle. Even if you aren't sure just what to do, you can start by envisioning what you want to accomplish, that is, your *big goal*. Next, break that big goal down into sections. Then, break those sections down to small, manageable steps.

When you follow this strategy, you'll be able to identify steps you can accomplish in a day, week, or month. Those are the kinds of goals you want to focus on when you have a big obstacle in your way.

***Not only will smaller, more manageable goals show you what needs to be done, but you'll also avoid overwhelming yourself with everything on your plate.***

Some challenges can be overcome in a short period of time, and others take longer. There may be setbacks, and you'll have some trial and error. However, staying committed to moving forward will allow you to conquer any obstacle you have in your path, no matter what it is.