

OVERCOME OBSTACLES

The background is a dark blue gradient with abstract, layered geometric shapes in various shades of blue. A dashed white line with four circular nodes curves across the middle of the image, starting from the left and moving towards the right.

How To Overcome Obstacles
and Transform Them Into Success

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INTRODUCTION

INTRODUCTION

Scrolling through social media, you likely see a dozen picture-perfect lives that don't match your own. When scrolling, you likely feel your life doesn't match up to others', especially when a challenge or hardship comes your way.

I'm going to let you in on a little secret, though. Everyone faces obstacles. Whether or not they choose to share those obstacles for other people to see is up to them. Instead of dwelling on comparing your obstacles to others, it's most helpful to focus on yourself, gear your mindset to overcome the obstacle and turn it into success.

But how does one do that? Many obstacles feel daunting and impossible to beat. As a result, it is easy to become disillusioned or give up on the obstacle altogether. Or, like some people, you may get resentful of others who seem to overcome any obstacle and turn it into success with ease.

Both giving up and resentment are useless. By changing your mindset, you can become someone who turns obstacles into success. Don't get me wrong, it will take a whole lot of hard work, determination, and blood, sweat, and tears, but you too can overcome any obstacles and transform them into success.

In this book, we're going to tell you how to do it. We begin by looking at what obstacles are and how you should perceive them.

From there, we look at important points like why perception matters and the level of control you have over obstacles. These first few chapters are crucial for setting a solid foundation for overcoming obstacles.


Next, we give you the two most important steps for actively overcoming your obstacles, including identifying them and setting goals for direct

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action. Finally, we end by discussing the importance of focusing on yourself, emotional resilience, and continued practice.

Together, these chapters give you a key blueprint for not just overcoming one obstacle in your life but how to learn from your obstacles so that you can turn any challenge you face into success.

Whether you are facing a major obstacle at this moment or want to better your life, use this book as a guide for transforming any challenge into a success. Let's get started.

The background of the image is a vast, rugged mountain range under a clear sky. The mountains in the foreground are dark and rocky, with some patches of snow or light-colored rock. The sky is a gradient of blue and yellow, suggesting a sunrise or sunset. A semi-transparent rectangular box is overlaid on the middle of the image, containing the text.

THE TRUTH ABOUT OBSTACLES

THE TRUTH ABOUT OBSTACLES

Before jumping into how to overcome obstacles, you need to know about the reality of them.

Everyone knows what an obstacle is, but most have an unrealistic and warped idea about it. Instead of viewing obstacles as opportunities for growth, people view them as events working against them. This unrealistic idea makes it much more difficult to overcome your obstacle and transform it into success.

With that in mind, you need to know the truth about obstacles: obstacles are not all bad. I know this idea might sound a little radical, but it is true. Just like everything else in life, obstacles come with both positives and negatives. Recognizing both sides will help you overcome the obstacle quickly and efficiently.

Why Looking at Both the Negatives and Positives Matters

Whenever an obstacle comes your way, it is important to remember this fact. If you only focus on the negatives, which most people do, it is much easier to get distraught, overwhelmed, and depressed by the situation. This will make it more challenging to overcome the obstacle and turn it into success.

However, if you look at the negatives and the positives, you see the obstacle in a much more realistic light. This realistic understanding of obstacles allows you to think rationally and clearly about the task at hand. From there, you can begin to overcome your obstacle instead of getting overwhelmed by it.

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Not to mention, you take away most of the negatives of obstacles whenever you view the positives. This will make it much easier and more enjoyable to fight your obstacles, even if you aren't necessarily succeeding as quickly as you would like.

Possible Negatives of Obstacles

Obviously, obstacles come with several negatives. Even though you shouldn't get caught in the negatives, you should be aware of them so that you know how to best go about your situation and overcome the obstacle. Whenever you are aware of the negatives, more of the power is given back to you.

As a result, you can begin to master the obstacle because the negatives are your own. Acknowledging them simply makes them less scary.

The exact negatives of the obstacle will depend on the challenge. For example, your obstacle may be finding a new job. In this case, the negatives might be that you are under financial stress, need to move, or something else related to the actual job. These negatives are different from the negatives of a different obstacle, like relationship troubles.

In addition to the obstacle centered negatives, some negatives are common in all obstacles. Most notably, obstacles require you to work. If you already have a full-time job and other responsibilities, the added responsibility of overcoming the obstacle can take a lot of your time and energy, even for the most hardworking of people.

Not only that, but obstacles challenge you physically, mentally, and emotionally. Every time you find yourself in a new obstacle, you are forced to challenge yourself to grow as a person. This process takes up, once again, a lot of energy, and it can bring up a lot of negative emotions depending on the situation.

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The required effort and emotional turmoil that come with most obstacles are what make obstacles so terrible. Most people don't like extra work. So, they grow to hate obstacles.

Guaranteed Positives of Obstacles

In addition to the negatives, obstacles have a lot of positives. Most people fail to see these positives, and they focus on the negatives instead. Though this is incredibly tempting to do, you should try your hardest to keep the positives in your mind. The positives will help you overcome the obstacles, stay motivated, and enjoy the process.

Forces You to Grow

The biggest positive of any obstacle is that it challenges you to grow. Even though challenges come with a lot of hard work and effort, it is the only way for you to become the person you want to be. In other words, challenges make you a better person.

Some obstacles may make you physically better, such as an unprecedented health scare, while others will make you emotionally more resilient. It doesn't matter how the obstacle makes you grow. What matters is that you grow and become a better person at the end of it all.

Helps You to Get to Know Yourself Better

Another benefit to come out of obstacles is that you get to know yourself better. We are often trained to get to know our coworkers, family members, and friends, but we often forget to know ourselves. This makes it more difficult for us to trust our own thoughts and know what we want out of life.

Obstacles force us to reflect on ourselves and the world. It teaches us our strengths, weaknesses, and limits. This allows us to get to know ourselves in a way that would not be possible without obstacles.

Improves Self-Esteem

As we grow and get to know ourselves better, our self-esteem grows as well. So, obstacles lead to increased self-esteem, which is their third benefit. Self-esteem is what helps us to know our value outside of our accomplishments and talents. It is necessary for a happy and functioning life.

Improves Relationships

The last benefit of obstacles is that they can improve our relationships. You likely have noticed that people with shared hardships tend to be some of your strongest and most trusted relationships. As you go through obstacles, you become more empathetic and able to communicate with other people in similar situations.

Recap

All in all, obstacles are not a completely bad thing. Even though they are a lot of work and can put a strain on your life, they force you to grow, help you to get to know yourself, boost your self-esteem, and improve your relationships. Remembering these positives and the negatives will help you overcome the obstacle because of your realistic and rational mindset.

PERCEPTION MATTERS



PERCEPTION MATTERS

One thing that we touched on in the last chapter but didn't explicitly discuss is the issue of perception. Our perceptions are how we interpret events or people based on our sensory experiences. Even though our perceptions are all we know, how we perceive an event may not be accurate to how it unfolds in real life.

Probably enough, we can never escape our perceptions, no matter how hard we try. In fact, perceptions alter every single aspect of our day to day life. How we perceive the world ultimately determines many of our situations and emotions.

Because of how important perception is in our life, your perception of the obstacle will largely determine how you handle it and whether or not you can overcome it. Enhance your perception of obstacles to help you turn any obstacle into success.

What Psychology Says About Perception

Psychology has done a lot of [research on perception](#). As we already mentioned, psychology determines that our perception is determined by our sensory experience with the world, meaning our sense of sight, smell, touch, and more.

More so, psychology has found that it determines how we respond to our obstacles. For example, if we negatively view obstacles, we are more likely to give up and feel defeated by them. In contrast, having an optimistic mindset about the obstacle makes us more likely to overcome the obstacle and succeed.

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The most useful thing that psychology tells us about perception is that we have some control. Though it is impossible to have complete control, we can slightly change our perceptions by paying attention, intentionally turning our perception into meaning, acting accordingly, and practicing with our new mindset.

- Pay attention: What is your perception of an event? How does it differ from reality? How do you know?
- Give your perception meaning: What does it mean to you? Do you agree with this meaning? Should you change the meaning?
- Act accordingly: How do my actions reflect my view of the situation?
- Practice: What are ways that I can incorporate this new mindset into my everyday life?

What this means for obstacles is that you can turn your negative perception or mindset into a positive one. Simply with intentional and dedicated action, you can find yourself more likely to succeed by changing your mindset.

As you are actively trying to change your mindset, it is best to measure your progress by taking notes or using some app. Continue to act in accordance with this new mindset and track your progress. Stay optimistic even when it's hard, and you will begin to see your mindset shift.

Popular Mindsets

Since perception matters, you are probably wondering what sort of a mindset you should have. There are three popular mindsets, but only one will lead to long term success. The fixed mindset, mixed mindset, and growth mindset are all three popular mindsets that people unknowingly have.

Fixed Mindset

The fixed mindset tells us that we are born with talents and skills. We cannot truly improve upon our talents, meaning our success is entirely up to our genetics. For example, a fixed mindset would tell you that you can never get a good grade in school since you are not smart.

This mindset is incredibly popular, but it is harmful. It takes away any power over our own circumstances and blames it on our natural abilities. Not only that, but the fixed mindset is untrue.

In the example mentioned in the last paragraph, a student assumes they can never get a good grade because they are not smart. Except for severe learning disabilities, most students can get a good grade with hard work and effort, even if they aren't the most naturally intelligent. This proves the fixed mindset to be untrue.

Growth Mindset

The opposite of the fixed mindset is the growth mindset. The growth mindset tells you that you have certain natural abilities and strengths, but you can nurture your weaknesses and grow as a person. For example, a growth mindset may tell you that you aren't the strongest at math, but you can improve with dedication and hard work.

The growth mindset is by far the best mindset for overcoming obstacles and becoming successful. It prevents you from becoming overwhelmed and giving up when faced with a new challenge. Instead, it helps you to stay focused and motivated to improve yourself.

If you want to overcome any obstacle, you need to start shifting your mindset from a fixed one to a growth version.

Mixed Mindset

In the process of shifting from a fixed mindset to a growth one, you will likely find yourself with a mixed mindset. A mixed mindset is one that is in between a fixed and growth one. Sometimes, you will find yourself thinking in fixed terms, but you will find yourself thinking in growth terms at other times.

Even though you aren't where you want to be when you find yourself with a mixed mindset, it is an improvement from before. You should be excited that you are making progress and keep up the hard work. Continue to track your progress and intentionally have a growth mindset to step away from your fixed way of thinking completely.

Recap

When it comes to obstacles, perception can make or break you. Though it is easy to have a fixed mindset, a growth mindset will help you overcome any obstacle and transform it into success. Track your progress, act with a growth mindset in your vision, and stay optimistic to turn your fixed thinking into opportunities for growth.

**YOU'RE NOT
IN CONTROL**



YOU'RE NOT IN CONTROL

In addition to mindset and perception, how you view control will largely determine whether you overcome your obstacle. The illusion that we are in control is largely to blame for many of the challenges we find ourselves facing, but the obstacle is illusionary.

First and foremost, we have to recognize that we are not as in as much control as we would like. As humans, we naturally want control over our entire lives. Despite this strong urge to be in control, we are only in control of very little.

By trying to control things that are entirely out of our realm of control, many obstacles feel overwhelming and daunting. That's because they are. Viewing ourselves as in control creates countless made-up obstacles that we have no way of overcoming. It is essential to learn this lesson if you are to overcome obstacles.

Knowing When To Let Go

Because of this control issue, many of us hold on to obstacles that we have no business holding onto. These will be obstacles that we have no chance of overcoming.

Whenever we try to overcome obstacles that we can't beat, we get overwhelmed and blame ourselves. Most likely, your inability to overcome an obstacle has nothing to do with you but the facts of the matter.

With this in mind, it is important to remember that you should not get caught up on things that are not in your control. Focusing on things outside of your control waste your time and energy, and it may hurt your self-esteem. Only focus on matters that you have at least partial control in.

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Whenever you find yourself facing an obstacle that you aren't sure if you should control, you might want to evaluate it. If you cannot control the obstacle outcome in any way, let go of it. Knowing whether or not you should let go can be difficult, but there are two things to consider:

1. The facts
2. Your emotions

The facts of the obstacle and your emotions will determine whether or not you are in control of the outcome and if you should let go of it. The facts of the obstacle include anything that is a requirement for the obstacle to be overcome.

For example, say your obstacle is that you have been fired and need money. The facts would include how long you can go without an income, the number of people relying on you, and anything else that can be objectively determined.

In addition to the facts, you need to consider your emotions. Your emotions will largely determine if the obstacle is worth it to you. Sometimes, the obstacle is in your control, and the facts allow you to overcome it. Nevertheless, your emotions may tell you that the obstacle is not worth it.

Let's look at an example. Assume that your partner gets a new job and must move across the country. The obstacle in front of you is whether or not you should move or be in a long term relationship.

Both of these options are doable, but your emotions may tell you that you don't want to move and you can't tolerate a long-distance relationship. In that case, your emotions tell you that this obstacle is not worth it and that you should potentially break up.

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By looking at the facts and your emotions, you should be able to determine if an obstacle is worth it. If the obstacle is not, give it up and move on with your life. Though this may take a lot of strength and resilience, it will make your life much easier.

How to Let Go of Control

In order to move on, you have to recognize and let go of control. For most people, this can be not easy. Here are some helpful action steps to help you let go of control and get back to living a life you enjoy.

Focus on What You Can Control

The first step to letting go of control is to focus on what you can control and recognize what you can't. What you can control only relates to you, and the list is very small. Your appearance, mindfulness, aspects of your health, and productivity are examples of things that are within your control.

Any situation that involves another person is not entirely in your control. You can control how you respond to the other person, but you cannot control how they act or the situation.

Notice Your Reaction Pattern

Your reaction pattern is how you react to another person or situation. Most of the time, our emotions lead to our reactions. This isn't necessarily bad, but it can mean that you react poorly, which hurts your ability to overcome the obstacle.

Notice your reaction pattern to change the outcome. Your reaction pattern will include the trigger, stress reaction, negative thought, negative feeling, reactive behavior, and the consequence. Take a second to reflect on this reaction pattern so that you know how you react.

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If you think that your reaction is poor and leading to bad consequences, you need to break the pattern. This involves noticing the trigger, breathing, and being compassionate to yourself and others during the process. Additionally, turn your negative thought into a more realistic one.

Changing your reaction pattern will give you much more control over yourself. Still, it won't completely change the scenario, but it will help how you react to it and your feelings.

Mantras

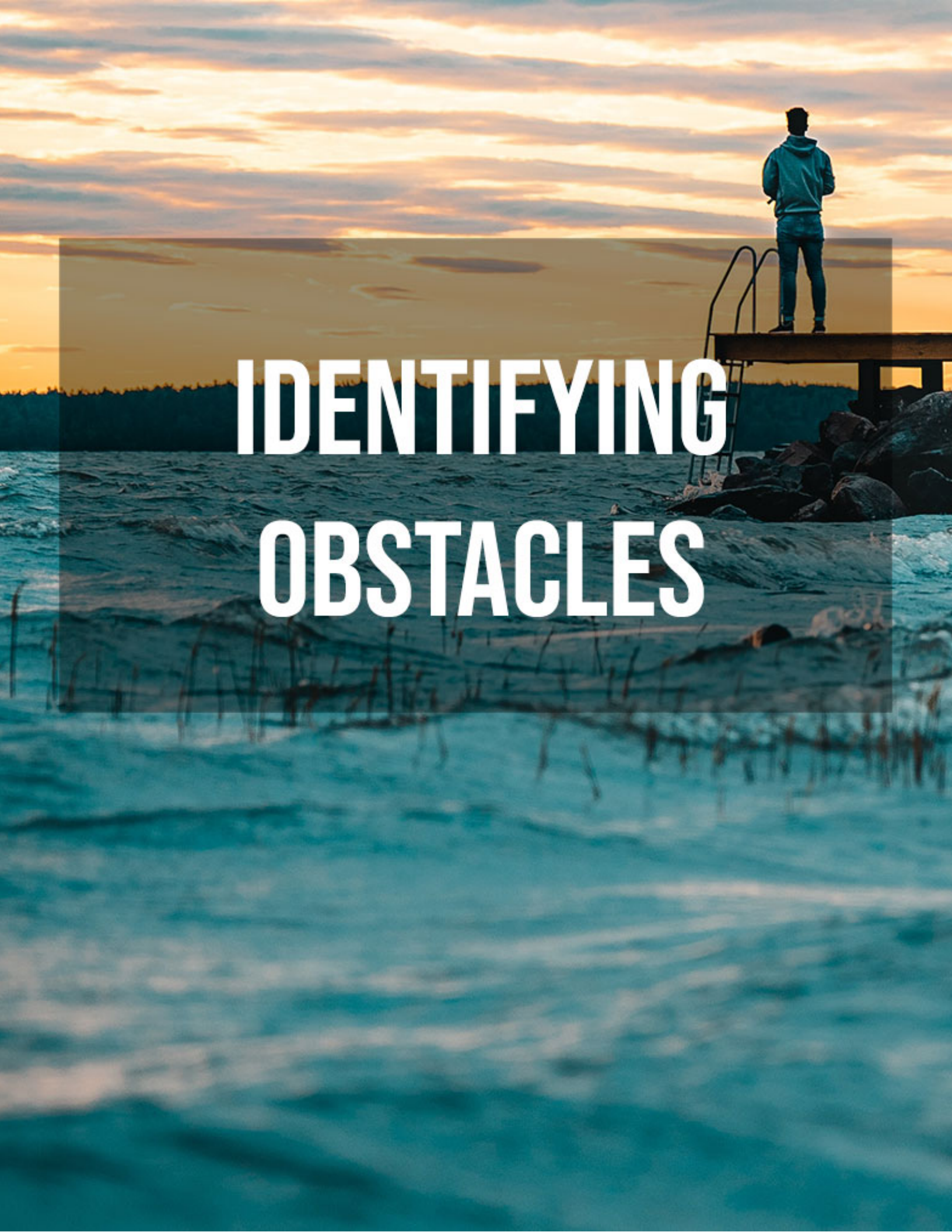
You can also use mantras to help let go of the control freak inside you. Mantras are quick and helpful sayings that you recite to yourself throughout the day. [Studies](#) have shown that mantras work if you repeat them to yourself frequently.

They change the way you think, and therefore, they change the way you react. Here is a list of helpful mantras for letting go of control:

- I let go of the need to control others.
- I let go of anything outside of my control.
- I control myself and my happiness.
- I only control myself and my reactions.

Recap

Our need for control turns things that we should let go of into obstacles. Learn how to identify when obstacles are not worth your time. Then, work to let go of your need to control everything to get back to your life and only face obstacles that are worth your time.

A person in a blue hoodie and jeans stands on a wooden pier, looking out at a turbulent sea under a dramatic sunset sky. The water is dark and choppy, with white foam from breaking waves visible in the foreground. The sky is filled with orange and yellow clouds, with the sun low on the horizon. The overall mood is contemplative and challenging.

IDENTIFYING OBSTACLES

IDENTIFYING OBSTACLES

Now that we have set the stage for overcoming obstacles, we can dig into how to turn them into success. As with any other challenge that may come your way, the first step to overcoming your obstacle is to identify it. To put it another way, you need to know what the obstacle is and classify it.

Identifying the obstacle will make you more aware of the positives, negatives, your own biases, and what you need to do to overcome it. If you don't identify your obstacle, it will be impossible to come up with action steps to follow. Though there are countless obstacles, many could be classified into larger groups, such as facing the unknown or limited finances.

In this chapter, we are going to take a look at the most common classifications for obstacles. You may notice that the obstacle in front of you is a mixture of more than one category. That is entirely normal. Let's take a look at what these common obstacle types are.

Common Obstacle Types

Facing the Unknown

One of the most general obstacle types is facing the unknown. Facing the unknown is whenever you find yourself in a situation that is unfamiliar territory. Whenever you move, get a new job, or talk to a new person, you could find yourself facing the unknown.

This obstacle will be incredibly difficult for those with anxiety, introverted personalities, and low self-esteem. That's because it takes a lot of courage and confidence to overcome this obstacle and make the unfamiliar familiar.

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The best way to overcome this obstacle is to remind yourself that everyone has been in a similar situation before, and most people are not going to judge you. Additionally, work on your self-esteem to become more trusting of yourself and your ability to act in the unknown.

Pressure to be Someone Other than Yourself

Another obstacle you may face is pressure to be someone other than yourself. This pressure can come from family, friends, or society. Some people struggle with this obstacle more than others. Women especially face this obstacle, but men do as well.

To overcome this obstacle, you need to know where to draw the line between yourself and others. What are your values? What do you think of yourself? What do you want out of life? Asking these sorts of questions will clarify where you end, and other people begin.

To face this obstacle, you need to work on boundary setting. Once you draw the line and create a harsh boundary between yourself and others, you have to have the courage and willingness to follow through. You might need to work on your self-confidence and self-esteem to uphold the boundaries.

Limited Finances

Limited finances are an incredibly difficult obstacle. In many situations, limited finances are due to something outside of your control. Losing a job, welcoming a new member to the family, an unexpected accident, and more can all lead to a limited financial obstacle.

Unlike the last two obstacles, this one will require much more tangible and definitive action steps. This includes creating a budget, knowing how much more money you need to make, and more. It may also require you to look for a new job or ask for a spouse to help financially.

Along with the obvious issues that come with limited finances, such as not paying a bill, there will also be other obstacles that you have to face, such as strained relationships, facing the unknown, and more.

Relationship Problems

Relationships are one of the most frequent areas for obstacles. As humans, we are all entitled to our thoughts and actions, but we often feel that everyone should fall in line with our own thoughts. As a result, a lot of tension can be created, and it is more difficult to overcome these obstacles since it involves another fully autonomous person.

Often, an obstacle in a relationship is a very specific event or pattern. To identify the obstacle, you need to talk with the other person to determine their side of the story. Work with the other person to create action steps to eliminate the obstacle in the future.

Sometimes, the obstacle may be irreconcilable. For example, your partner may not want children while you do. Often, the only strategy for overcoming this obstacle is separating and finding a new partner with the same goal and desire for children as you.

You can also have obstacles relating to problems with your friends, parents, or children, not just your romantic partner. Approach their resolution in the same manner.

What to Do After Identifying the Obstacle

Once you identify the obstacle, it is important to create action steps that are directly related to the problem at hand. Action steps give you something tangible to do to overcome the obstacle. Your action steps should not be too lofty, but they should instead be more like mini-goals. We will talk more about this in the next chapter.

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In addition to action steps, you may need to reflect on yourself. Certain obstacles will take a large toll on your emotional and mental well being. Reflect on yourself and pay attention to your emotions. Many people are tempted to put their emotions aside to overcome the obstacle quickly.

Completely ignoring your emotions is just as dangerous as getting swept away by them. Consider your emotions and use them as directions for learning. Depending on where you stand emotionally, you might want to consult in a self-help book or see a therapist to work through the issues.

More times than you would think, the real obstacle lies between your ears, not in the real world. Take the time to reflect upon yourself, your goals, and your desires to come to a firm understanding of where you stand.

Recap

The first step to overcoming the obstacle is to identify the exact problem. You can do this by breaking up the obstacle into categories, which will help the obstacle to see more tangible in your mind. From there, create action steps and touch back into your emotions to pursue a resolution actively.

A gold trophy cup with two handles, sitting on a black, tiered base. The cup is partially filled with a light-colored liquid. The text "SET GOALS" is overlaid in large, white, bold, sans-serif capital letters across the middle of the image.

SET GOALS

SET GOALS

As we mentioned in the last chapter, goals are an important way to overcome obstacles and transform them into success. Goals are more challenging than you might think, though. Many people are clueless about goal creation and follow-through, making it challenging to overcome obstacles.

In this chapter, we are going to look at how you should set up goals to overcome your obstacles. These goals can be called SMART goals. Let's take a look.

SMART Goals

The best type of goals to set are called SMART goals. SMART is an acronym for specific, measurable, achievable, realistic, and timely. Incorporating all five of these aspects into your goals ensures that they are manageable and that you are capable of achieving them.

A specific goal is one that has one intention in mind. It should be incredibly focused so that you have a specific idea of what you need to accomplish. More than that, the specific goal needs to be measurable. This means that you need to be able to measure whether or not you achieved the goal.

On top of that, it needs to be both achievable and realistic. There is no point in setting a goal that you cannot achieve or that is entirely outside of your capabilities. Finally, set a time frame by which you need to accomplish the goal. This will keep you motivated.

For example, say that the obstacle in front of you is that you need to lose weight. The goal should be to lose 25 pounds in 3 months. This weight loss goal of 25 pounds is specific, measurable, achievable, realistic, and timely.

What If I Can't Come up With a SMART Goal?

Say that you have been thinking of a SMART goal and keep coming up with nothing. If you find yourself in this situation, you can ask a close friend or family member for advice. They may be able to give you a new perspective that you hadn't thought of.

If you still aren't able to come up with a SMART goal, then the chances are that you do not have control of the situation. If you do not have control over it, then there is no way to set a goal to accomplish it. You can set goals to alleviate symptoms of the obstacle, but you can't guarantee success.

You might run into this problem if your obstacle involves another person. Say your partner wants to leave you, and you don't want a divorce. Since there is another equally autonomous person involved, you don't have complete control over the situation. As a result, you might not be able to set SMART goals to guarantee success in the situation.

However, you can come up with SMART goals to help you get through the process or relate to your partner better. Talk through the situation with your partner to try to get on the same page. From there, set goals to lessen the blow. This may involve counseling, focusing on your hobbies, or something else that you have control over.

Follow Through

Your goals are nothing if you don't follow through with them. Once you set your goals, find a way to motivate yourself to keep working at them.

SMART goals are the best way to keep up and stay motivated. Even with SMART goals, however, you have to keep working.

You might want to create rewards for yourself after breaking up the SMART goal into smaller goals or mini-goals. Every time you reach a mini-goal, you

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reward yourself. This keeps you excited and ready to meet the next mini-goal.

Commit yourself. Many people set goals, but they don't actually commit to it. Ensure that you follow through by not giving yourself the chance to slack. Just as you would hold someone else accountable for fulfilling their commitments, hold yourself accountable as well.

Be Flexible


When talking about goals, we would be amiss not to mention flexibility. When most people set goals, they are very rigid and refused to bend. This is almost a guaranteed way to fail and not overcome your obstacle. Instead, you need to be flexible, even when it comes to goals.

Sometimes, plans change, the obstacle changes or your priorities change. When this happens, you have to be able to shift your focus and goals to reflect this occurrence. If not, the goals will be disconnected from where you are in life. Too rigid goals are bound to break eventually.

Instead of viewing goals as something rigid, view them as fluid. Be rigid in following through with your goals but be willing to change them if you need to. Whenever the plans change, flexible goals will bend with the pressure instead of breaking.

Recap

Goals help you achieve your obstacles. Set SMART goals to keep you motivated and more likely to turn your obstacles into success. Though you will need to commit to yourself and hold yourself accountable, goals are really the only way not to get destroyed by your own obstacles.

A close-up photograph of a person's hand and forearm. The word "FOCUS" is tattooed in a bold, black, sans-serif font on the inner side of the forearm. A semi-transparent black rectangular box is positioned over the upper part of the forearm, containing the text "FOCUS ON YOURSELF" in white, bold, sans-serif capital letters. The background is a blurred green, suggesting an outdoor setting with foliage.

**FOCUS ON
YOURSELF**

FOCUS

FOCUS ON YOURSELF

We cannot talk about overcoming obstacles without discussing the importance of focusing on yourself and not comparing yourself to others. Because of social media and many other factors today, it is easier than ever to compare yourself to someone else.

Doing this is detrimental to our growth, success, and wellbeing. Not to mention, it makes overcoming obstacles nearly impossible and puts new obstacles in our lap.

To overcome obstacles, you have to break this habit immediately. Your entire health and wellbeing will change for the better. Though it is easy to compare yourself to others when facing an obstacle, you have to avoid it.

Why You Shouldn't Compare Yourself to Others

The main reason you shouldn't compare yourself to others when overcoming any obstacle is to create more barriers in the process. In other words, it makes a mountain out of a molehill. If you are already stressed about the main obstacle, you don't want to make the process any harder than it has to be.

Additionally, comparing yourself to others may hinder your ability to live the life you want. When you compare yourself to someone else, you are viewing yourself and them through their perspective. Doing so means that you aren't valuing your opinions and thoughts as highly as you should.

If you continue to value someone else's ideals above your own, it may be impossible to overcome an obstacle or create the life you want. Only focus on yourself and stop comparing yourself to others to prevent this from happening.

Comparing Yourself to Others Creates Unrealistic Notions

There are a few reasons why comparing yourself is not only bad but unrealistic. Most importantly, you never get the whole picture when looking at someone from the outside. People like to appear better off than they are, so they only show the good sides.

When you compare yourself to others, you are comparing yourself to an unrealistic standard. You aren't seeing the hardships, obstacles, or challenges they had to face to get to where they are. This leaves you with an unrealistic understanding of where you ought to be.

Another reason why comparing yourself to others is unrealistic is that it simply is not relevant to you. Even if you could get the whole picture, which you can't, it's not your life. To spend your energy comparing yourself to others is a complete waste of time.

What Should You Do Instead?

Instead of comparing yourself to others, you should reflect upon your own desires and wants. This will give you a strong idea about where you are and where you want to be. It is the most useful and realistic way of overcoming any obstacle.

If you have to compare yourself to anyone, compare your current self to your past self. You should have grown by now, and the fact you are taking so much effort to break your comparative ties shows that you have improved. Compare yourself to your past self to further growth.

Of course, it is OK to talk to other people and get their advice. Other people have been through similar situations as you. Talk to them to figure out what they say about the situation. Don't take their advice blindly, though. Compare it to your own ideas and wants and go from there.

How to Stop Comparing Yourself to Others

Here are some ways to stop comparing yourself to others:

Be Aware of Your Triggers

Be aware of your triggers, which are things that make you feel inadequate and lead you to compare yourself to others. Triggers may be certain people on social media or going into certain stores. Be aware of your triggers, so you know when you are likely to compare yourself to others.

Once you know where your triggers are, try your best to avoid them. This may be tough, but it is highly important—Unfollow people who make you feel bad about yourself or avoid places that cause you to compare.

Remember You Don't See the Whole Story

Whenever you find yourself slipping up, remember that you don't see the whole story. People will put on a front to make themselves seem better than they feel. Remind yourself of this fact to help bring you back to a more realistic understanding.

Be Grateful for Your Life

Finally, find ways to show more gratitude for yourself in your own life. Look at every single thing you love about your current life and repeat it to yourself. As you're making a list, you'll probably find way more things to love than you originally thought.

If excessive comparison is something you struggle with, you might want to start your morning or end your day with this tip. You will soon find yourself more grateful for your own life and self.

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Recap

It is very easy to compare yourself to others whenever you are facing obstacles, but you must fight this urge. Comparing yourself to others is detrimental to overcoming obstacles, and it is completely unrealistic. Make a conscious effort to stop comparing yourself to others to unlock more success.



EMOTIONAL INTELLIGENCE

LET'S TALK ABOUT EMOTIONAL RESILIENCE

Whenever you face any challenge, it is super easy to get swept away by your emotions and feel hopeless. When this happens, it can be next to impossible to overcome the obstacle at hand. One way to counteract these emotions is through emotional resilience.

What is Emotional Resilience?

Emotional resilience is a talent for calming yourself whenever you find yourself facing a negative experience. This negative experience can be your own emotions, an obstacle, or anything else that causes your mind and emotions to run rampant.

Everyone is born with a little bit of emotional resilience. That is how we are all naturally able to cope with at least some difficult events. The older we get, our emotional resilience deepens, allowing us to handle even more difficult situations.

You can even intentionally improve your emotional resilience through practices, self-compassion, and self-esteem. Improving your emotional resilience will help you overcome any obstacle that comes your way.

It may be helpful to think of emotional resilience like a muscle. All healthy humans are born with muscles. As we get bigger, our muscles grow too. Some people even take the time to workout and target specific muscles to grow as strong as possible.

Whenever we find ourselves needing to lift something or impress a possible date, we may flex our muscles. In other words, we use our muscles all the time, but we can flex them whenever we want.

Our emotional resilience is the same way. Emotional resilience helps us throughout the day, but it may be needed more so during individual events.

How Does Emotional Resilience Help You Overcome Obstacles?

Emotional resilience is necessary for not just overcoming obstacles but transforming them into success. It is only through emotional resilience that we feel we can handle challenges and improve on our life. This is a crucial aspect of overcoming obstacles that you can't ignore.

Let's imagine a life in which you had no emotional resilience. You might quickly give up, cry, and get down on yourself because of the obstacle. You aren't able to control your mind or emotions, inhibiting you from overcoming the obstacle.

However, with emotional resilience, you would be able to quiet your mind and rationally talk to yourself. This ability would then help you think of rational strategies for overcoming the obstacle to transform it into success.

Elements of Emotional Resilience

The great part about emotional resilience is that you can build it. Whether you are very emotionally resilient or not, you can always learn a bit more. Overall, emotional resilience involves three elements: the physical elements, mental elements, and social elements. You must focus on all elements to improve your emotional resilience.

Physical elements include your energy, health, and vitality. If you are sick and your body doesn't work as it should, it is much more difficult to be emotionally resilient. If you don't already, focus on eating good nutritious meals and getting some exercise to help improve your emotional resilience.

The mental elements include your self-esteem, self-confidence, adjustability, emotional awareness, focus, self-expression, and reasoning abilities. These elements are crucial to having good emotional resilience. You will need to do a lot of personal work to target this element, depending on your exact needs.

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For example, you might struggle with self-esteem but be very good in your reasoning abilities. If that's the case, you might want to go to a therapist to talk through the reasons why you feel negatively about yourself.

Other people might have the opposite issue. They may have great self-esteem but low reasoning abilities. Those people might want to start reading more to challenge their brain.

Finally, the third element is social elements. This is your interpersonal relationships, communication abilities, and cooperation. Humans are not designed to be lone creatures. Boost your emotional resilience by deepening your connections and communication skills with others. They will come in handy whenever you face an obstacle.

Building Emotional Resilience

Whenever you want to build your emotional resilience, it is best to address the three elements above. Some people might need help with the relationship aspect but be great with the other two. Reflect on yourself to find out which elements you may need to improve. Most people need to improve all three to some degree.

From there, you need to be observant about your own thoughts and actions. Notice whenever you feel bad about yourself or whenever you feel like you lose control. As you are noticing your thoughts and actions, practice talking yourself down and self-compassion.

Talking yourself down involves unwinding your thoughts. See if there are any contradictions or logical reasons that come to your mind. Debunking these thoughts will help you come to a much more level minded place.

In addition to focusing on yourself, take the time to deepen your relationships. This may be as simple as scheduling a lunch with your parent, but it could also be as intensive as asking for help from a friend.

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You may even want to talk about what you've been finding in your quest for self-reflection while deepening your social relationships.

If you are finding building your emotional resilience to be incredibly difficult, consider talking to a therapist or licensed professional. These professionals will help you identify your problem thoughts and unwind them to boost your emotional resilience.

Recap

Emotional resilience is key to overcoming any obstacle. Much like a muscle, your emotional resilience can be grown through intentional thoughts and actions. Even if you are already emotionally resilient, continue to build this muscle to help transform any obstacle into success.



**TURN CHALLENGES
INTO SUCCESS**

TURN CHALLENGES INTO SUCCESS

Finally, we have reached the last chapter of this book. So far, we have talked about the truth about obstacles and how perception and the false illusion of control largely determine your ability to overcome them. We've also talked about identifying obstacles, setting goals, focusing on yourself, and emotional resilience to help you find a way through your obstacle.

But how do you transform an obstacle into success? After all, simply overcoming the obstacle isn't the same as succeeding. In this chapter, we're going to give you crucial tips not just to overcome your obstacle but transform it into a powerful symbol of success in your life.

Practice, Practice, Practice

As the old saying goes, practice makes perfect. To beat any obstacle that comes your way, you have to have practice in overcoming them. This means that transforming obstacles into success might be tough at first, but it will get easier as you go. This is a natural fact about life.

Practice all of the tips above every time you face an obstacle, no matter how small the challenge may seem. Think of this as obstacle resilience training. This training will help you get into the habit of overcoming obstacles to figure out exactly what you need to work on within yourself.

If you don't feel like you have any obstacles to practice on, you probably aren't looking hard enough. Obstacles are so common in our life that most of them go unnoticed. Take a critical look at your everyday life, and you will likely find an obstacle or two hiding there.

Don't Give Up

Some obstacles will be harder than others. Make sure not to give up. Even if you feel stuck and like the method isn't working, continue persevering. Only through continual effort can you transform obstacles into success.

Of course, this isn't the same as letting go when it's not worth it. If your gut is telling you that you shouldn't be stressing so much over a certain topic, then listen to it.

But do not give up simply because the challenge is difficult, or you are scared. Giving up out of fear will only hurt you. Plus, you will likely regret it in the future, and life's too short to regret any actions!

Stay Optimistic

One of the best ways to ensure that you don't give up is to stay optimistic. As we already discussed, there is always at least one positive to any obstacle you face. Keep these positive in your mind's eye to stay optimistic.

In addition to staying optimistic about the obstacles you face, stay optimistic about yourself too. If you feel that you struggle with self-confidence or self-worth, talk to your doctor. These are very important issues that need to be addressed.

Stay optimistic about your life as a whole as well. Even if you aren't exactly where you want to be yet, recognize that you are closer to reaching your goal than ever before. This will help you stay excited about facing your obstacles since you are already so close to your end goal.

You're Not In The Clear Yet

Once you overcome the obstacle at hand, it may be tempting to breathe a sigh of relief and think you are in the clear. Though you should definitely

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celebrate and get excited about overcoming your obstacle, you are not in the clear yet.

As we have said many times throughout this book, obstacles are everywhere. Just because you overcome one does not mean that it will be smooth sailing from here on out. Very soon, another obstacle will come your way.

Be prepared for upcoming obstacles by continuing to push yourself, even when you don't feel like it. This may seem excessive, but this continual pursuit of improvement is what will transform your obstacles into success. Focus on yourself and your improvement, even when the obstacle is over.

Recap

The only way to fully transform an obstacle into success is to incorporate what you have learned from this book into your everyday life. While you face an obstacle and overcome it, continue to practice and push yourself to use these methods. Only then will you see a genuine change internally, which will allow you to succeed elsewhere in your life.

CONCLUSION

The background of the slide is a blue-tinted photograph of a rugged, rocky mountain landscape. The foreground shows steep, craggy rock faces with some snow or light-colored patches. The sky is a deep, dark blue with some wispy clouds. A semi-transparent dark blue rectangle is centered over the upper half of the image, containing the word "CONCLUSION" in white, bold, sans-serif capital letters.

CONCLUSION

Obstacles are an inevitable part of life, but they can be incredibly challenging. Obviously, learning to overcome an obstacle may put you under a lot of social or financial strain. On top of that, obstacles challenge your emotional and mental dexterity, causing some to crack under pressure.

However, with a little bit of effort and intentionality, you can overcome obstacles and transform them into success.

Just by recognizing that there are positives to obstacles and that your perception matters, you largely take away a lot of the power of obstacles. Furthermore, recognizing that you are not in complete control minimizes the number of obstacles you can face.

From there, you can approach any obstacle with a level mind and a bit of rationality. This allows you to identify obstacles and set goals for an active follow through. As you are trying to achieve your goals, focus on yourself and build your emotional resilience. Just by doing this, you are almost guaranteed to overcome any obstacle.

The true measure of success is how the obstacle impacts you and forces you to grow. The only way you can transform the obstacle into success is by ingraining the lessons learned into your psyche and improving your life. Continue to practice, stay optimistic, and improve yourself to turn any obstacle into an opportunity for success truly.

I'm going to warn you. The journey is not going to be easy. There are going to be times when you want to give up and think that all your hard work is worthless. It is at those times when you need to stay motivated and excited the most. Keep your chin up, and you are going to be turning obstacles into success in no time.