

6-day

HELENA RADESON

goal
challenge

DAY 4

YES!

You're back for DAY 4 of the 6-DAY GOAL CHALLENGE – this is half time!

What can get in your way?

What could potentially become a blocker to you reaching your goal?

Day 4 focuses not only on seeing the risks that might pop up along the way to your goal, but also on what you can do about them.

Day 4 answers the question: WHAT IF (obstacles show up)?

Assessing potential risks relies on your rational and realistic senses and builds on what you've learnt from past experiences. Use these skills to list all the obstacles that might pop up and get in the way of you reaching your goal.

Obstacles can be internal, self-imposed, so-called limiting beliefs. Those are the ones that you can directly influence yourself.

Obstacles can also be externally imposed on you. These may be out of your immediate control.

List all the potential obstacles. High and low. Be honest!

The more you know them, the better you see their shape and form, the more clear-sighted you can be and the better your risk planning. Freehand writing is the best for opening your creative flow and allowing for open-minded thinking, let it flow onto the paper.

But we're not stopping there. Next step is to make a proper risk plan so that you know what to do when a potential blocker shows up. Game changer alert!

To the right of each potential risk, write down how you are going to get past it. Think about it as an 'if... then...' plan, so 'if obstacle x pops up then this is my plan, this is what I do'. E.g. 'if I start doubting myself, then I will take a moment and remember how good it will feel once I've reached my goal', or, 'if I feel like eating a chocolate, then I will eat a carrot".

YOUR worksheet is updated for you to write down your WHAT - IF plan. Link in the comments or directly in the resources section of my website.

Better safe than sorry, right? Translates into risk assessment & risk planning.

Can you feel the progress? See you back tomorrow for Day 5 of the goal setting challenge!