

The Art of Turning Obstacles Into Opportunities Worksheet

Obstacles can be opportunities in disguise. They can bring new knowledge, experiences, and success.

These questions will help you identify your obstacles and determine how you can turn them into stepping stones on your path to success.

1. What are the obstacles in your life? Make a list.

2. How can you enhance your level of objectivity?

3. How have your emotions harmed you in the past?

4. What can you do to help you maintain composure in emotional situations?

5. What can you control in your life? What is outside of your control?

6. What is the first step you can take to overcome your obstacle? What has been stopping you?

7. What will you do if your initial plan fails?

8. What do you want to accomplish before you die?
