

WORKSHEET 3.1: OVERCOMING OBSTACLES

Sometimes even after we decide to do something pleasant, our plans still fall through. We run into an obstacle or problem, and we don't do the pleasant activity that we meant to.

- Try to think of some possible obstacles and possible solutions to overcome them (sometimes the biggest obstacles are our own thoughts).

| What is keeping me from doing pleasant activities? (Obstacles/Problems) | How can I overcome these obstacles? (Solutions) |
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STEPS FOR OVERCOMING OBSTACLES:

1. Identify the problem or obstacle
2. Think about all the possible solutions
3. Pick the solution that's best for you
4. Try the solution and see how it works

