

Barriers to Success

Outer Barriers

There are two fundamental barriers to success, outer barriers and inner barriers.

Other Barriers

Outer barriers or external blocks are those things that are outside yourself that may or may not be within your control that hold you back from meeting goals, moving forward, or achieving success. Examples are economic fluctuations, lack of others' skills and knowledge, time management, responsibility of/for others, working technology (cars, internet), time limitations, etc. People typically respond in one of two ways to outer barriers: 1) Navigate and manage- learn a new skill, delegate to someone with experience, purchase a support service, 2) be paralyzed- through avoidance and denial or ignore and move forward anyway.

Instructions:

Step 1: Brainstorm current and potential outer barriers within your work environment that hinder your success and prevent you from moving forward. List them below in the column marked Outer Barriers.

Step 2: In the column marked Solutions, list several options you can take to become more prepared when this barrier shows up.

Step 3: Under Action, choose one solution from the previous column and list the details such as date, location, times, resources, persons, titles, and websites. The more specifics you list the more likely it is you will take positive action and gain the agility to maneuver the barrier.

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Outer Barriers	Solutions	Actions
<i>DA1 calls out sick often which causes me to rush and be overwhelmed</i>	<i>Talk with doctor about frustration and ask that something be done; See this as an opportunity to shine and show the team how skilled I am; Talk directly to DA1; Ignore the issue and stop being upset</i>	<i>Monday, Sept. 21 ask doc to meet for 15 min. during lunch on Tuesday, Sept. 22; outline points to discuss on paper to keep on task, list facts and evidence to share</i>