

Obstacles

As with most things in life, including your Amazing over 40™ Health Coaching business, there will be potential obstacles in your way prohibiting you from achieving your goals. What might be some of the obstacles be? Be honest with yourself.

List the top 3 Obstacles:

How you will overcome them:

- | | | |
|----------|---|-------|
| 1. _____ | ⇒ | _____ |
| _____ | | _____ |
| 2. _____ | ⇒ | _____ |
| _____ | | _____ |
| 3. _____ | ⇒ | _____ |

Name: _____