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PROFESSIONAL COACHING

Bringing Your Ambition to Work: Anticipating barriers

Bringing your ambition to work, setting goals, and taking action on a daily basis sounds easy in theory, but in reality, it can be difficult. You will likely encounter some road blocks or barriers along the way. Your plan might get derailed. When you take some time to anticipate the barriers you are able to be strategic. You are able to come up with ways to overcome them. When things get hard, if you have a plan you are able to keep going.

Answer these questions below:

What could prevent you from taking action?

What strategies can you use to overcome these barriers?

What is your plan to get back on track if you miss one day, one week or even one month of taking action?

Who can hold you accountable?

Exploring Internal Barriers

Sometimes, internal barriers come up that prevent us from taking action. Thoughts like - 'I'm not ready', 'I need more experience', 'Someone else would be better'. These thoughts show up when you leave your comfort zone and strive for something more. Unfortunately, these thoughts can stop you in your tracks. They can stop you from taking action and moving forward.

Exercise 1: Remind yourself of what you've already accomplished

Take a few minutes today to write everything you've achieved in your career so far. All of the things you've accomplished, the things that you bring to the table and all of the

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experience that has got you to where you are today. Reflect on these achievements when you start to feel these negative thoughts. These will help you to push through and take action.

Exercise 2: Identifying and quieting your inner critic

Your inner critic has no business holding you back from your potential, and it's time to do something about it. Answer the questions below to start quieting your inner critic.

When was the last time I experienced self-doubt, or heard the voice of my inner critic?

What did my inner critic say?

What about this is 100% true?

How do I know that this is true?

What would it take to overcome this?

Action Plan: Notice when you are hearing your inner critic. Tell yourself 'I'm hearing my inner critic right now'. Label the thoughts: Instead of 'I need more education before I can do this'. Tell yourself 'My inner critic says I need more education before I can do this'. The simple act of labeling these thoughts will help you to distinguish between the truth and the voice of your inner critic trying to sabotage you.