



# OBSTACLES AND PERSEVERANCE WORKSHEET

**PURPOSE:** *In order to overcome the biggest challenges you must maintain a high level of Psychological Capital (PsyCap). Psychological Capital is the mental strength equivalent of muscles and fitness. This exercise is designed to help you approach and overcome an obstacle with a positive mindset and a commitment to perseverance.*

<p><b>Reframe and reassess the challenge</b></p>	<p>Reframe and reassess the challenge. When you encounter a significant challenge where perseverance may be required, your first step is to move past your emotional response and logically define and reframe the challenge. In this first step, write a brief summary of the challenge as you initially perceived it. Next, write a more positive summary of the challenge.</p> <p><i>(state how you initially saw and responded to the challenge)</i></p> <hr/> <hr/> <p><i>(state your improved and more positive assessment of the challenge)</i></p> <hr/> <hr/>
<p><b>Take stock of resources</b></p>	<p>Take stock of resources. Take a moment to think of all the resources that may be available to help you navigate the challenge. This may include time, money, people, and knowledge. You will want to expand the scope of your perception. What are you not considering? What available assets have you not noticed previously?</p> <p><i>Would more time help you overcome this challenge? If so, how can you create more time? Create ideas below:</i></p> <hr/> <hr/> <p><i>Who can you reach out to for help or advice? Don't be shy, list these people, contact them now, make notes:</i></p> <hr/> <hr/> <p><i>Is the challenge financial? How can you cut costs and/or free up financial resources? Think, what are the ideas:</i></p> <hr/> <hr/>

*Are you simply missing knowledge? Where is (who has) this knowledge? How can you get the information you need:*

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*What other resources are relevant and may help solve the problem?*

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*Find an adviser, friend, family member and talk this out. What are you missing? How can you view this differently?*

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**Understand and take control of your worldview.**

Understand and take control of your worldview. Your explanatory style (a concept introduced by Dr. Martin Seligman) influences how you interpret things that happen and how you anticipate and plan for the future. It determines whether you are optimistic or pessimistic. When something bad happens, the optimist says, "This is a temporary setback. It is not permanent and there was some external cause that is temporary. In general, I expect success and know I can find a way to move forward or around this obstacle." The pessimist says, "This is just how things are going to be. Nothing ever works out for me. There is nothing I can do about this." Below are three statements I want you to respond to in context of the specific challenge you are facing. In your own words write how you can view this through the prism described.

**You want to prompt an optimistic view of your situation by viewing the challenge through the following prism:**

This problem or challenge does not reflect my intentions and is an unexpected event I did not cause. This is just one of those random life events—bad luck, if you will—and I am confident that I can choose a positive response.

*(write your positive response)*

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This problem/challenge is not a permanent and unchangeable situation. This is not the norm.

*(write a positive statement about how this will pass and things will improve)*

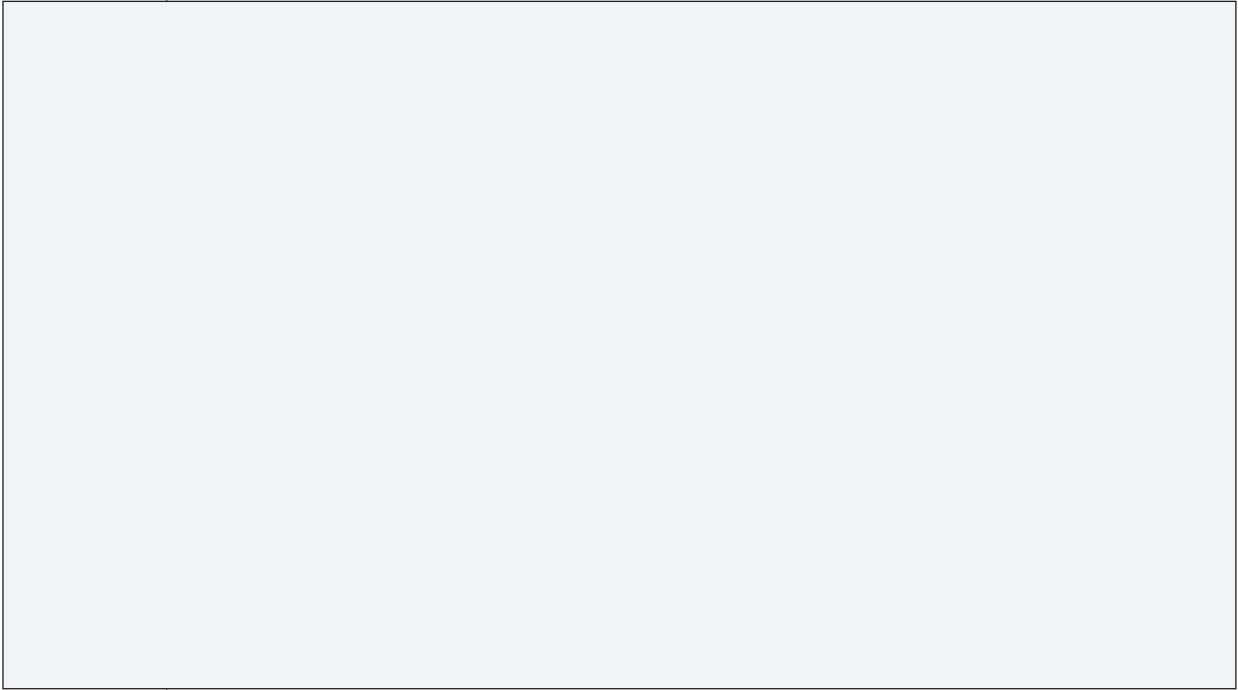
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Draw a logic diagram or picture of the different routes to your goal. When you plot driving directions on Google Maps, you see multiple routes offered to you. In the same way, you want to generate multiple routes around your obstacle. This helps to increase the hope component of PsyCap. Hope is driven by awareness of different paths to get to where you are going. This is a free open space, below, to draw, create, plan, sketch. This is an opportunity to express secondary or backup creative paths to reach your goal.



**My deadline for getting this problem solved!**

Deadlines can help increase motivation and focus. The problem or challenge you are facing was most likely unexpected and is a threat to your accomplishment. You must charge at this challenge like a Rhinoceros charges at a threat! Set a deadline for resolving, overcoming, or going around this obstacle.

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*(write your commitment to obliterate this challenge)*

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**What is your deadline for getting this accomplished?**

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