

#2 YOUR

OBSTACLES

OBSTACLES ***IN THE WAY?***

- What is standing in the way of you having your first outcome today?
- Example, let's say your first outcome is to be able to start a conversation with any woman you want.
- What is the first thing standing in the way of you being able to do this today?
- *“I don't know what to say.”*
- If that was not a challenge anymore, what else would be standing in the way?
- *“I'm afraid of screwing it up.”*

OBSTACLES *IN THE WAY?*

- Keep going until you have a list of obstacles that are standing in your way of having your outcome.
- Once you're done, you have just reverse-engineered your success. Remove those obstacles and you will be able to do what you want to do.
- Do this for your every outcome, and you will have your game plan.

NOW WRITE IT DOWN

- The thing standing in the way of me being able to do my first outcome is _____ and _____ and _____ and _____.
- Example, what's standing in the way of me being able to start a conversation with any girl is **I don't know what to say, I don't know where to start, I am afraid of looking like an idiot, I am afraid of rejection, I am afraid of being successful.**

WRITE IT DOWN

1. The thing standing in the way of me being able to (YOUR FIRST OUTCOME) is _____ and _____ and _____ and _____.
2. The thing standing in the way of me being able to (YOUR SECOND OUTCOME) is _____ and _____ and _____ and _____.
3. The thing standing in the way of me being able to (YOUR THIRD OUTCOME) is _____ and _____ and _____ and _____.