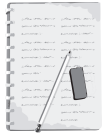


WALK, CLIMB, OR FLY

SURVIVING AND THRIVING IN THE
WORKPLACE WILDERNESS



EXERCISE 10: CHALLENGES & OBSTACLES

OBSTACLE BRAINSTORMING

Take a minute to write down the unique challenges and obstacles you face. Describe the impacts or limitations they impose on you. Take some time to consider ways you may remove, work around, or eradicate them. Do any seem insurmountable? Why? Can you prioritize handling them?

OBSTACLE	DESCRIPTION/IMPACT	PRIORITY
<i>EXAMPLE:</i>		
▪ Raise/bonus promotion	▪ Company financial challenges feel like an excuse. Need to have a hard talk with manager – met objectives!	1
▪ Health & burnout	▪ Need to find a way to work out and see if I can obtain comp or vacation time.	3
▪ Apartment	▪ Apartment isn't healthy for me. Too far from work. No gym nearby. Noisy and can't rest. Dark and depressing but hard to move without the raise/bonus.	2
▪ Commute	▪ Long commute is killing my time for rest, workouts and fun. Waste of time	2

CHAPTER 15
EXERCISES

WALK, CLIMB, OR FLY

SURVIVING AND THRIVING IN THE
WORKPLACE WILDERNESS



OBSTACLE BRAINSTORMING (CONT.)		
OBSTACLE	DESCRIPTION/IMPACT	PRIORITY