

Ten Common Roadblocks

Roadblocks tend to fall into two categories: **Roadblocks of Scarcity** and **Roadblocks of Abundance**. **Roadblocks of Scarcity** are barriers that arise from not having enough of something we need to keep us moving ahead. **Roadblocks of Abundance** arise when we have too much of something that can get in our way. Which of these do you recognize in yourself?

Roadblocks of Scarcity (“Ah, if only I had more...”)

1. **Action.** How many times have you said the words, “I just wish I could get in better shape,” “I just wish I could have more time with my kids,” or “I just wish I could get that promotion at work.” When we get too caught up wishing about what we want, sometimes we forget to take action.
2. **Support.** When you hang around people who hold you back, it’s hard to reach your goals. There are a variety of reasons why people choose not to support you, ranging from thinking your ideas are “crazy” to being afraid that if you succeed you’ll leave them behind.
3. **Perseverance.** Any time you challenge yourself, regardless of whether it’s in your professional or personal life, there’s a chance you’ll get knocked down. But if you don’t get back up and finish the race, you’ll lose. Lack of perseverance is one of the most frustrating roadblocks, because success is often just around the corner—if only you had kept going.
4. **Planning.** You might know exactly what you want, but have you thought about what it’s going to take to get there? If you’re driving from New York to L.A., it doesn’t matter how badly you want to end up in Los Angeles. If you just get in your car and start driving, chances are you’ll waste an awful lot of time getting there – if you even arrive in L.A. at all!
5. **Vision.** If you don’t have a positive, compelling vision of the future, it’s going to be tough to stick with the process of achieving your goal. Those with the ability to look ahead, see the future, and understand specifically how their goal will affect their personal and professional lives are more likely to achieve their goals.

Roadblocks of Abundance (*“What I really need is less...”*)

1. **Fear.** Fear is the number-one enemy of success. You could be afraid of the “downsides” that come with achieving your goal, scared that your goal might hurt someone else, or worried about moving outside your current zone. The key is to identify what you’re afraid of, so you can confront it and move beyond it, rather than get stuck in it.
2. **Comfort.** This roadblock goes hand-in-hand with fear. All too often we become comfortable with our current state, and so we don’t take steps to move beyond it. Sure, you’d love to head up that new project . . . but you also know it would take you out of your comfort zone. Sometimes when you’re too comfortable, there’s no catalyst to propel you forward.
3. **Excuses.** “Ah, if only...” From not having enough time or money to being sabotaged by our boss, from having “bad luck” to being passed over, many times we blame our inability to reach our goals on *anyone and anything* other than ourselves. After all, if it’s not your fault, then you’re not a failure. But playing the blame game mean you never confront what’s truly stopping you. If you don’t accept responsibility for your situation, you won’t move forward.
4. **Pessimism.** We’re all victims of negative self-talk once in a while. But if you truly don’t believe that you can achieve, you won’t. Even if you’re really good about giving yourself a daily “pep talk,” if you have deeply rooted pessimistic beliefs about your ability to reach your goals, you’ll subconsciously sabotage yourself.
5. **Stress.** Stress doesn’t completely deserve the bad rap it gets. It came in quite handy during the caveman days—every time you were confronted by a hungry lion, for example, stress ensured you moved in the right direction – far, far away. Today stress still makes you move forward. But too much stress can be overwhelming, and can cause you to shut down. When the grind becomes too much it saps our energy, perseverance, and focus, and makes it hard to keep the forward momentum necessary to meet goals.

Think of roadblocks as a necessary part of reaching your goal. Anticipate the next one to come up, and you’ll be more prepared to handle it if and when it does.