

## Overcome Challenges

When we're working on something difficult or we're feeling stuck, it can be hard to find the way forward. I love using this grid as a way to break challenges down. It can help you pinpoint exactly what's making it a challenge for you, and that in itself can start to highlight the way through.

My current work challenge is:

Consider each of the nine boxes in the table. Each represents potential areas making up your overall challenge. Rank them from the most to least important. Use the circles to input the score. What areas need attention? What do you need to do to overcome the challenge?

### Information

I don't know what to do, and I don't know where to find out

### Skill

I don't have the skills to succeed in this area

### Belief

This will never happen. Other people might be able to do it, but it is unlikely for me

### Wellbeing

I am too tired/stressed/ill to deal with this

### Other people

My partner/boss/colleague/family/friend makes it difficult for me

### Motivation

I can't get started/I don't care enough

### Time

There is not enough time in the day

### Money

I can't afford to do this

### Fear

I feel sick at the thought of this

Is this something you need further support with?

Use [this link to my calendar](#) to book a 30 minute call to explore how coaching can help you here.

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