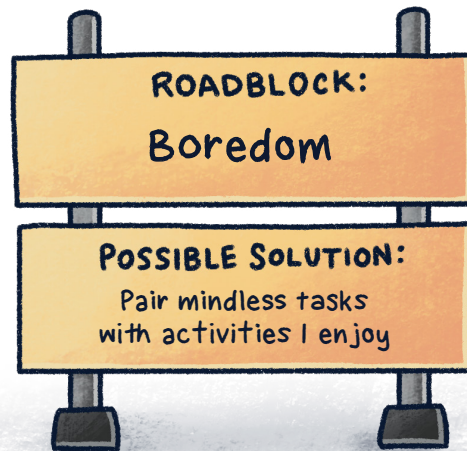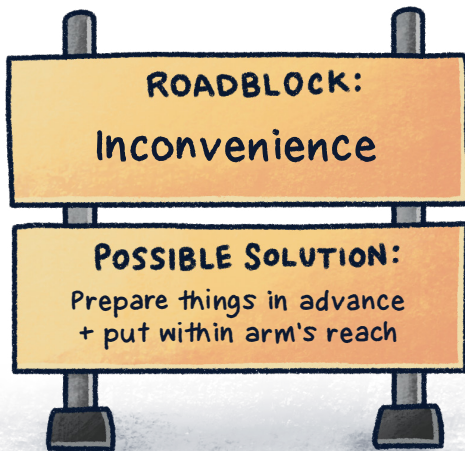# IDENTIFY ROADBLOCKS
What always gets you stuck?

Little stuff can often get in the way between you and your goals. Sometimes, you just don't make time for The Thing. Other times, you forget about The Thing entirely. Navigating around roadblocks requires creative problem-solving skills, but making things easier on yourself goes a long way.

ROADBLOCK:
Inconvenience

POSSIBLE SOLUTION:
Prepare things in advance + put within arm's reach

ROADBLOCK:
Boredom

POSSIBLE SOLUTION:
Pair mindless tasks with activities I enjoy

EXAMPLE:

Goal: I want to eat more fruit.

Why it's hard: The fruit I buy usually goes bad because I forget about it. The extra step of having to wash fruit before eating it makes it more likely I'll reach for something convenient (like chips).

How to make it easier: Wash all fruit in advance and put it in a bowl on the coffee table (instead of in the kitchen). When I'm feeling snack-y while watching TV, I can just reach over and grab a piece.
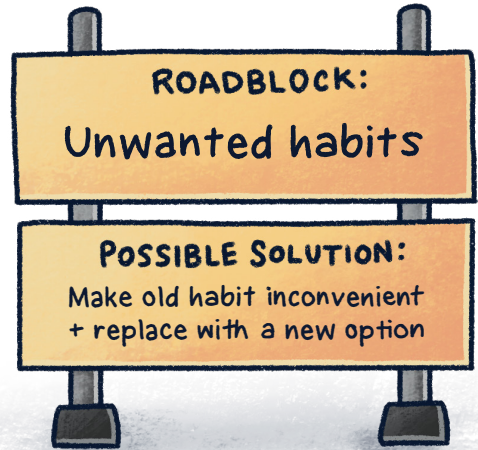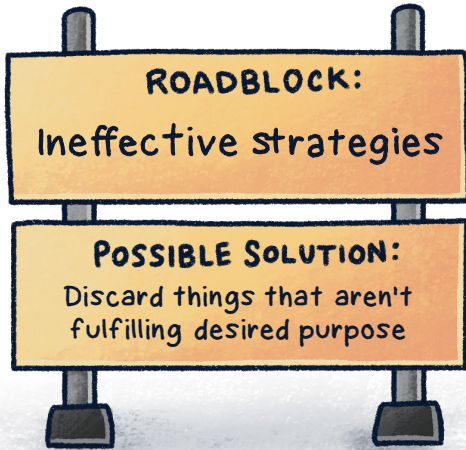
EXAMPLE:

Goal: I want to floss more.

Why it's hard: I don't make time to floss, and often forget about it altogether. Plus, I get bored just standing in front of the bathroom mirror.

How to make it easier: Get a bag of flossing picks instead of string floss. Keep them on the coffee table instead of on the bathroom counter. Floss teeth after dinner while watching TV.

COMMON ROADBLOCKS:

- Not knowing where to start
- Vague to-do lists
- Underestimating time required to complete tasks
- Perfectionism
- Forgetting about tasks/goals
- Overthinking

- Exhaustion
- Trying to work on too many things at once
- Can't find something needed to proceed with task at hand
- Distracting noises
- No external deadlines

- Difficulty getting back to work after taking breaks
- Unclear priorities
- Too many meetings
- Waiting on others
- Over-ambition
- Fear of asking for help

ROADBLOCK:
Ineffective strategies

POSSIBLE SOLUTION:
Discard things that aren't fulfilling desired purpose

ROADBLOCK:
Unwanted habits

POSSIBLE SOLUTION:
Make old habit inconvenient + replace with a new option

EXAMPLE:

Goal: I want to stop ignoring reminders.

Why it's hard: I hit "snooze" on digital reminders, don't do the thing, and feel guilty. Even physical sticky-notes become invisible after a while.

How to make it easier: Don't let reminders pile up and become meaningless background noise. Get rid of all current obsolete ones and start with a blank slate. In the future, as soon I notice I'm repeatedly ignoring a reminder, delete it. If something's not working, don't try and force it.

EXAMPLE:

Goal: I want to spend less time on social media.

Why it's hard: I see the app icons when I open my phone and click them out of habit.

How to make it easier: Disable push notifications and move addictive apps far away from my main home screen (so I have to swipe a bunch to get to them). Replace their old spots with apps I want to use more often (my thumb will automatically gravitate to them out of habit).
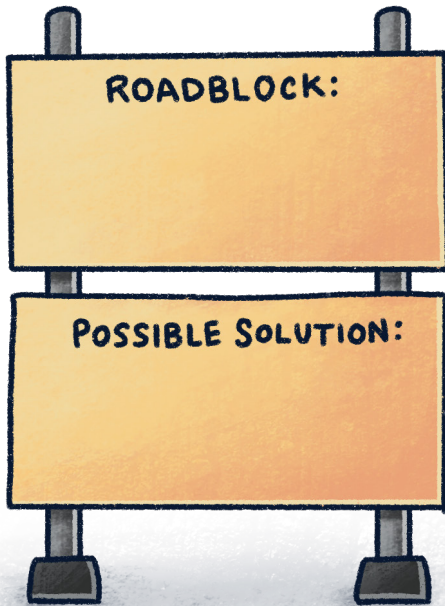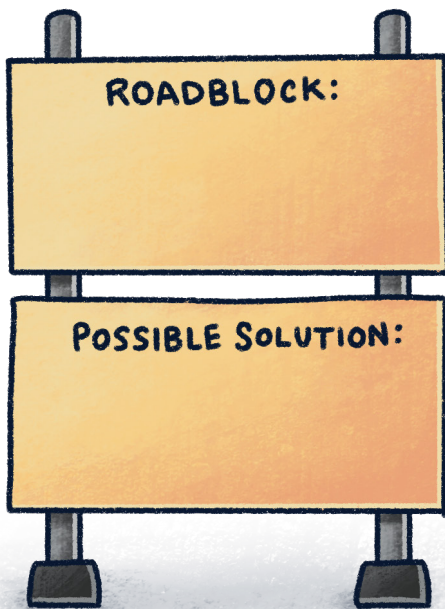
ROADBLOCK:

POSSIBLE SOLUTION:
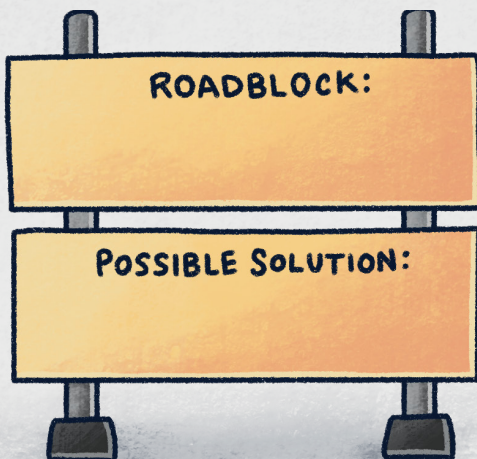
Now, you try!

GOAL:

WHY IT'S HARD:

HOW TO MAKE IT EASIER:

ROADBLOCK:

POSSIBLE SOLUTION:

GOAL:

WHY IT'S HARD:

HOW TO MAKE IT EASIER:

ROADBLOCK:

POSSIBLE SOLUTION:

GOAL:

WHY IT'S HARD:

HOW TO MAKE IT EASIER:

ROADBLOCK:

POSSIBLE SOLUTION:

GOAL:

WHY IT'S HARD:

HOW TO MAKE IT EASIER:

ROADBLOCK:

POSSIBLE SOLUTION:

GOAL:

WHY IT'S HARD:

HOW TO MAKE IT EASIER: