



Barriers to Taking Action to Live the Life You Love?

It may be easy to think of great ideas for things you would like to do in your free time, but are you actually doing them? Are you getting the most out of the limited free time you have? It is important to look at what stops you from doing activities that are important to you and from getting the most out of the time you have.

Some of these barriers you encounter may be **real** and other barriers may be **perceived** (what I think). For example I *may think* I can't join an aerobics class because I'm too old, overweight, or have no one to go with, but these are really self-imposed barriers. Of course "not enough time" may be one of the barriers you think stops you from having any leisure (or getting more out of the time you have). Is this a real or perceived barrier? How about money or finances: Real or perceived? To help you think about what's stopping you....

Thinking about the lives of family and friends, what are some of the barriers or problems that they may encounter to getting the most out of their free time? *List these below:*

Go back through the list above and write beside each barrier: R for real or P for perceived.

Now, thinking about yourself, from the list below and on the next page, which are barriers to you getting the most out of your leisure right now (i.e., while you are still working)? **Select the top 10.** Rank them from the greatest to the least barrier.

- _____ Often, I don't feel like doing anything
- _____ Work is my main priority right now
- _____ I have too many family obligations
- _____ I don't really think leisure is that important
- _____ I don't want to waste my time on leisure
- _____ I don't know what is meaningful to me
- _____ I don't really have any interests



- _____ I have a great deal of daily stress
- _____ I have a habit of over-committing myself
- _____ I don't have enough money to do what I want to do
- _____ I don't have the necessary physical or artistic skills
- _____ I'm not very organized
- _____ I don't have enough free time
- _____ I have no one to do something with
- _____ I am embarrassed about how I look (or my skills)
- _____ I have trouble following through on my intentions
- _____ Making decisions is really difficult for me
- _____ I don't know where there are programs or facilities I can attend
- _____ Social situations are awkward for me
- _____ Sometimes I find it difficult to get started... I procrastinate
- _____ The expectations of family or friends prevent me from doing what I want

Others? _____

Looking back over these lists of barriers, which are minor potholes? Which are major roadblocks? List your top 5 barriers below. Beside this think of positive steps you could take to begin to overcome this barrier.

Barrier	Barrier Busting
1. _____	_____ _____ _____
2. _____	_____ _____ _____
3. _____	_____ _____ _____
4. _____	_____ _____ _____
5. _____	_____ _____ _____