



Barriers to Living My Best Life?

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? It is important to look at what stops us from doing activities that we say are important to us and from getting the most out of the time we have.

Some of these obstacles we encounter may be **real** and others 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 money" may be one of the barriers we think stops us from getting more out of the time we have. Is this a real or perceived barrier? To help you think about what's stopping you....

From the list below and on the next page, which are barriers to you getting the most out of your leisure right now? **Select the top 10.** Rank them from the greatest to the least barrier.

- _____ Often, I don't feel like doing anything
- _____ Work [or chores] 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 each, think of positive steps you could take to begin to overcome this barrier.

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

