



*January Jumpstart Playbook*  
*Session 3*

### Removing Obstacles

Write down specific reasons your internal Doubter gave you about why you cannot reach your Big Juicy Goal. List each one as a separate “obstacle.” Examples: *“I am not smart enough.” “I don’t know enough about the subject.” “I can’t afford it.”*

After listing each obstacle, choose whether it is logistical, external issue that requires a strategy OR if it is a “limiting belief” (an internal issue). If you believe it has BOTH elements, check BOTH boxes.

OBSTACLE	Limiting Belief	Strategy
<b>Example: I don’t deserve this.</b>	<b>X</b>	
<b>Example: I have never done this before. I don’t know enough about it to succeed.</b>	<b>X</b>	<b>X</b>
<b>Example: Nobody will buy my (service or product)</b>	<b>X</b>	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		