

Pick Your Plan & Stick With It

Week 5

Take the time to identify your stumbling blocks. Stumbling blocks could come from a number of places. For example, the stumbling blocks can come from your friends and family. Sometimes the changes required when taking charge of your goals scare others around you. It's usually coming from a place of fear. They may think that you will never want to go to lunch with them again, or you may not want to enjoy Netflix marathons on the couch anymore. Sometimes, these relationships need to be changed and redefined in order to be successful. Stay strong while being sensitive to their fear. A stumbling block could be the vending machine at work, it could be the weather, or time of year. Figuring out how you will do things differently is KEY!

*When you turn your
stumbling blocks into
stepping stones, you find
joy in the journey.*

~Chou Gabikiny