Obstacles do not block the path. They are the path.

There are often obstacles or barriers when it comes to breaking our bad habits and implementing healthy habits. These are things that hinder our efforts and prevent us from moving forward, which is why it’s important to identify these barriers so that you can create a plan that will help you work through them.

Willpower

Willpower depletion is a theory that explains the mental toll of resisting temptation after temptation. Every day, in one form or another, you exert willpower. You resist the urge to surf the web instead of finishing a work project or you reach for a salad when you’re craving a burger, and research shows that all of this can take a mental toll.

Willpower is like a muscle that can get fatigued from overuse, however it can be strengthened by avoiding triggers (“out of sight, out of mind”), changing up routines, and planning ahead for possible temptations.

Negative Motivation

Being motivated by feelings of guilt, fear or regret can be very powerful in motivating us to begin making changes. However, feelings of guilt, fear, or regret soon give way to either exhaustion or resentment and are not long-term motivators. You’ll need to ask yourself why changing this habit is important to you? What is your true motivation for doing this? Focusing on the positive is a lasting motivator for true change.

“The Biggest obstacles in our lives are the barriers our mind creates.”

-unknown
Fear of Failure

Just the thought of not succeeding is enough to sway you from making that leap into the unknown. Understanding that failure is a part of life changes our perspective and gives us courage to take chances.

Willingness to Change

True change requires not only a willingness to commit to new actions, but also the willingness to simply notice your fears without working to get rid of them.

Unrealistic Goals or Expectations

Remember to start small. It's not about overhauling your life or making drastic changes. It's about incorporating one or two changes at a time and then building upon those once they become new habits.

Lack of Support

Changing your habits is hard. Not having cheerleaders in your section can make it even more challenging. Try to find a support network, whether it's family, friends, co-workers, or even a group of people on the same journey as you.

Busy Schedule

Schedules are hectic, but there are ways to work around them. Example: You aren’t able to get to the gym after work and as a result you don’t exercise. Your lack of time in the evening is a barrier, but there’s always a way around it. Spend 10-15 minutes walking at lunch, do some body weight movements in the evening while watching TV, or slip in 1-2 minutes of movement breaks throughout the day. Get creative in finding ways to maximize your time!

“A comfort zone is a beautiful place, but nothing ever grows there.”

-unknown

Change can be hard but when you go about it the right way, it doesn’t have to be. Remember, it starts with one small step in the right direction and builds from there!

To earn your 40 points for this challenge, you must log in to the Alyfe portal (http://bit.ly/Alyfe) and log your minutes of movement (we recommend doing this at least weekly).