

OVERCOMING OBSTACLES

1. Anticipate and work to prevent potential obstacles before they become overwhelming.
2. Utilize effective time management. Use the 80-20 rule.
3. Have realistic expectations and adjust them if necessary.
4. Know your limits and don't hesitate to "recharge your batteries" as necessary.
5. Open communication is essential.
 - a. listen with the third ear and for the feeling word.
 - b. Communicate your needs assertively. The formula for an assertive statement is: I feel ____ when you ____ because ____ I would prefer ____.
6. Form a very specific plan of action with small, measurable steps--One Day At A Time.
7. Learn to forgive others--High levels of hostility have been found to predict heart disease more often than high cholesterol, cigarette smoking or obesity. (Health Psychology, November 2002).
8. Be optimistic--
 - a. In a study investigating the effects of optimism on mood and the immune system in law school students, it was found that optimism strongly related to higher levels of blood cells that indicate healthy immune functioning (University of California at Los Angeles).
 - b. Men high in optimism were less than half as likely to develop heart disease than were the more pessimistic men. (Veterans Administration Normative Aging Study).
 - c. Research supports the idea that having a positive outlook can extend one's life. (Anderson, Norman B. & Anderson, P. Elizabeth. (2003). Emotional Longevity: What Really Determines How Long You Live. New York: Viking.)
9. Improve your relationship with your spouse or significant other
10. Research indicates that 4 factors are necessary for people to finally change faulty health habits:
 - a. When a threat to their health is severe.
 - b. When their perceived vulnerability and/or likelihood of developing the disorder is high.
 - c. When the person believes they are able to do what is necessary to reduce the threat.
 - d. When their response is effective in overcoming the threat.
11. An affirmation is a statement that describes the way you would want your life to be at its very best. Develop ones unique to you that will be a very positive force in your life. Rules for creating affirmations include the following:

- a. Always use the present tense.
- b. Use only positive words in your affirmations.
- c. Use the first person.
- d. It should create a strong picture of you, successful in whatever way you desire, right now.
- e. Keep your affirmation short and simple.
- f. If you have a religious or spiritual faith, use your faith to enhance this process.

12. Reclarify from time to time your highest priorities and realign your actions accordingly.