

Predict Obstacles (Secondary)

Have you ever had a goal you wanted to accomplish, but things just weren't going your way? Maybe you kept making mistakes, became frustrated, and felt like giving up. Obstacles can be physical things, like your car breaking down and causing you to be late for practice, or mental things, like losing your confidence or having negative self-talk.

You can minimize obstacles by using the strategy **predict obstacles**. When you think about possible obstacles that are likely to happen, and plan for how you will overcome these obstacles, you are less likely to give up!

I used the strategy **predict obstacles** to help me meet my goal of making it to the state music festival. To qualify for state, I would need to score a 1 on my solo. Even though I had been in choir for three years, I hadn't been able to score a 1. Each time I tried, I got nervous and said negative things to myself, like "You're never going to be good at singing." When I listened to other singers, I felt intimidated and doubted myself even more.

I knew I needed to get past these obstacles to improve, so I wrote if-then statements:

- "IF I'm not feeling confident, THEN I'll think about three things I'm doing well in my solo."
- "IF I'm nervous, THEN I'll take three deep breaths and visualize myself singing confidently."
- "IF I am intimidated by the skills of others, THEN I'll stop listening to other performances until after mine."

I practiced my solo for weeks. Each day, I reminded myself that I was improving, and I visualized singing confidently at the competition. On the day of my solo, I remembered to close my eyes and visualize myself singing confidently. I waited in the hall until it was my turn so that I wouldn't compare myself to the other singers. **Predicting obstacles** helped me reach my goal of scoring a 1 and making it to the state music festival.

When you have something challenging you want to do or learn, think about the things that could get in your way both physically and mentally. Then plan how you will overcome each obstacle.