



## DECISION MAKING OBSTACLES

Place a check mark in the column that describes how often each obstacle is an issue for you.

**How often is this an issue for you?**

<b>Internal obstacles</b>	Always	Often	Sometimes	Seldom	Never
Fear of making the wrong decision					
Fear of taking a risk					
Fear of change					
Fear of failure					
Fear of rejection					
Fear of embarrassment					
Lack of self confidence					
Procrastination					
Stereotyping about yourself regarding age, gender, race, etc.					
Feeling ambivalent (conflicting feelings)					
Denial of impending reality					

In “Zen and the Art of Making a Living,” Arthur Boldt discusses the role fear plays in holding us back from making career/life choices. To overcome these fears and obstacles, he suggests choosing the top three fears/obstacles that get in the way of moving forward and “acting into the fear”. This may include finding new ways to think about a challenge or asking yourself “How can I make this less intimidating?” “How can I motivate myself to do this?” Another strategy might be to start small, tell yourself that you’ll do something on a trial basis or that you’re just practicing. Often, we fear making the wrong decision but if we ‘try it on for size’ it may help to view the decision as not final-that it can be changed.

**Supporting Inspired Action**  
**By Carmen Croonquist**

1. What action or decision are you afraid of taking/making now because you might make a mistake or fail?
2. What would be the worst-case scenario? What is the worst thing that could happen?
3. What would be the best-case scenario? What is the best thing that could happen?
4. What would happen if you never tried at all?