



# #RESET DAY 4

Time to write down what stands between you and your ability to live your current life as you want. When you think of the life you want to live and the values that you would like to live by, what gets in the way of you living the life you envision? Describe any obstacle or barrier(s) in the space below.

## My Obstacles and Barriers

1. Work/Education:

2. Leisure/Recreation:

3. Relationships:

4. Personal Growth/Health: