

## Practical

- It is physically painful to take action
- There isn't enough time to take action
- I don't have the resources I need to take action
  - Tools
  - Training
  - Finances
  - Team

## Emotional

- How others see me taking action
- How I see myself taking action
- What taking action now means for later
- Ability to take action
- What taking action means about my goal

### How others see me taking action

1. It feels scary or unsafe for others to see me try.
2. It feels scary or unsafe for others to see me fail.
3. Others will judge me if they see the goal I am trying to pursue
4. Others will judge me if they see my trying to make a better life
5. Others will believe I am leaving them behind if I am trying to move forward.

### How I see myself taking action

6. I'm not worthy of having this goal achieved.
7. If I take an action towards my goal I could make progress and there is a part of me that thinks this would be a bad thing.

### What taking action now means for me later

8. I am scared that if I take action towards my goal something will go wrong.
9. If I work hard now, then I am always going to have to work hard to keep this up.

### Ability to take action

10. I don't think I can do this.
11. The last time I failed it was painful and I don't want to feel the pain of failure again.

12. I have failed before and I will fail again.

What taking action means about my goal

13. As long as I don't try I still have hope but if I try and fail then I will lose the hope of having better.