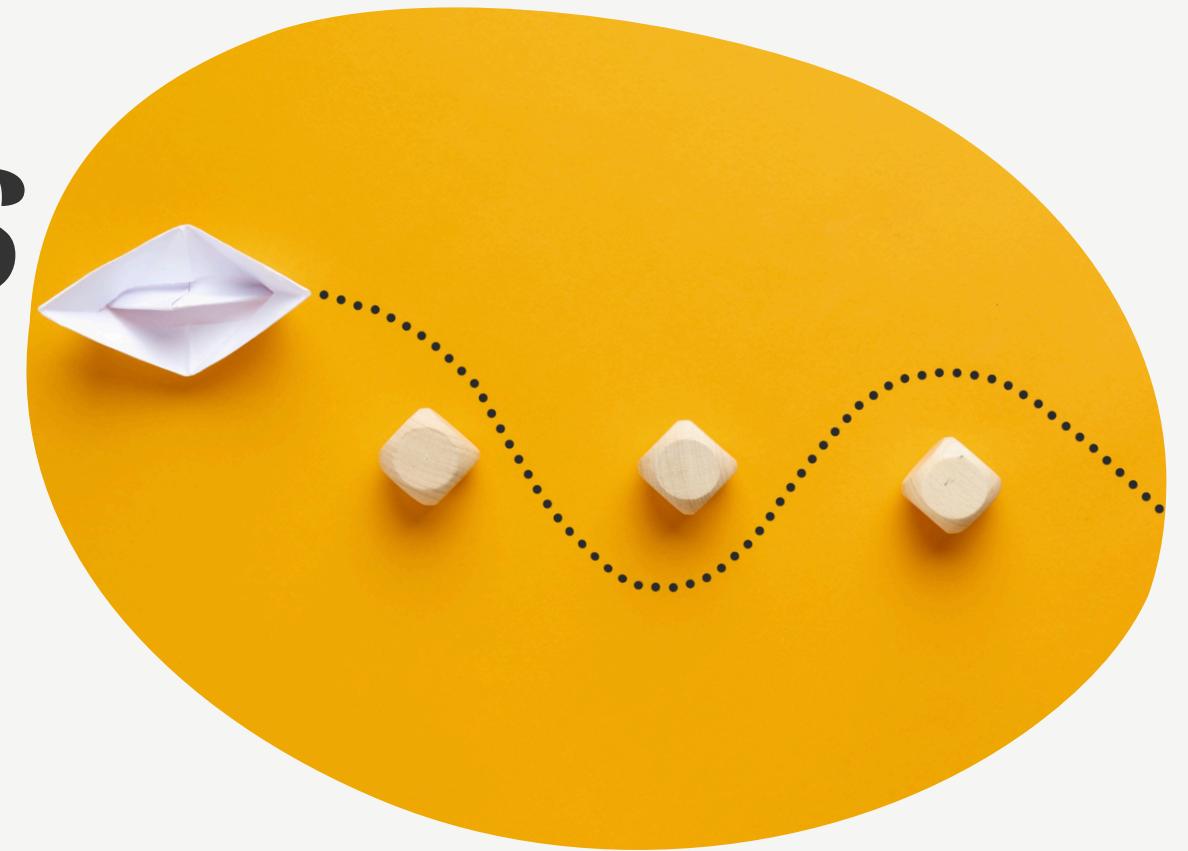


Dealing With Obstacles & Failures



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WHY OBSTACLES ARE NORMAL



EVERY MEANINGFUL GOAL COMES WITH CHALLENGES

STRUGGLES DON'T MEAN YOU'RE WEAK – THEY MEAN YOU'RE GROWING

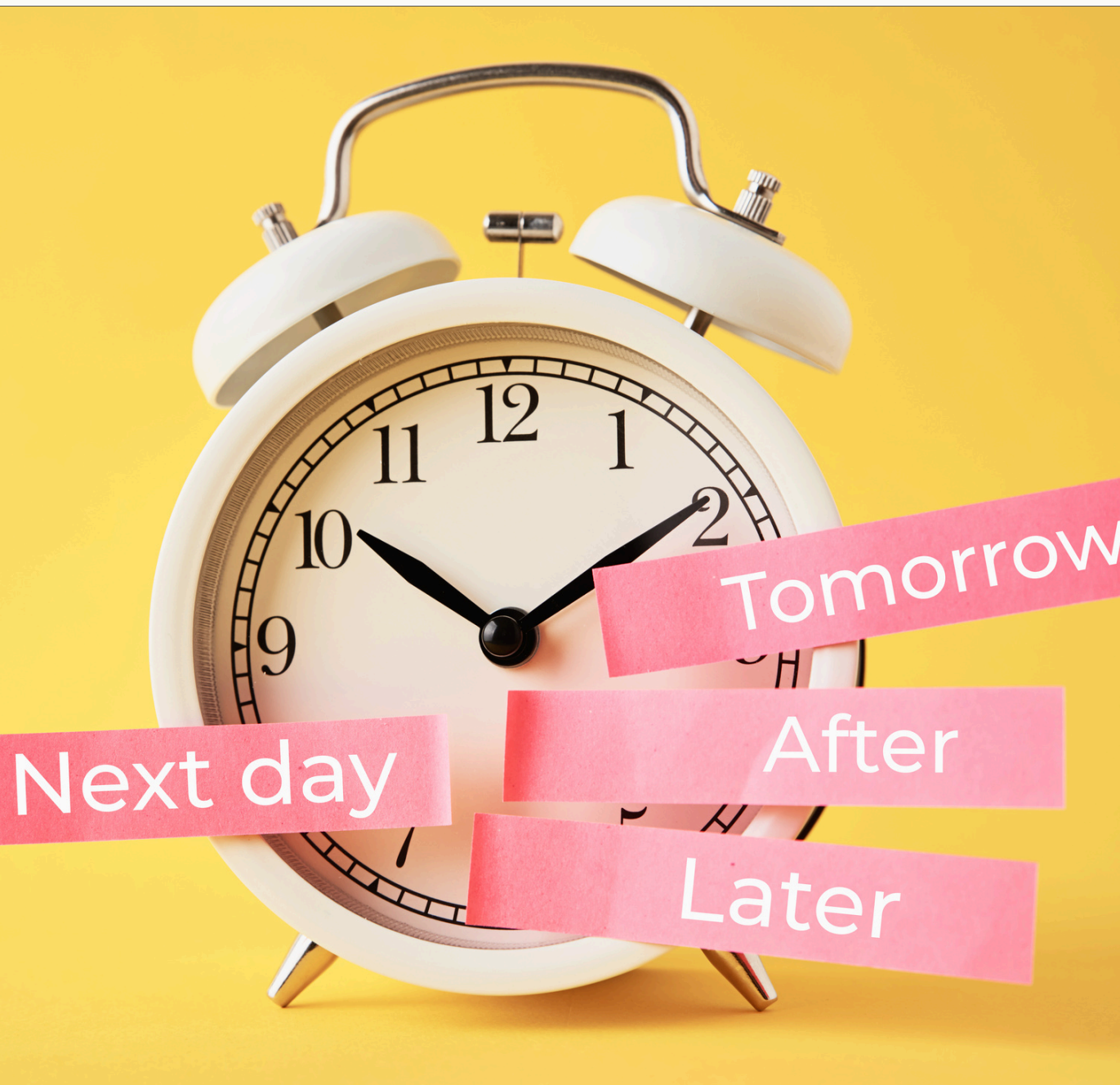
THE GOAL IS NOT A “PERFECT JOURNEY”, BUT A PERSISTENT JOURNEY

Common Goal Killers



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PROCRASTINATION



"I'LL DO IT LATER" → "I NEVER DID IT"

CAUSED BY FEAR, OVERWHELM, OR LOW ENERGY

WE DELAY HARD/UNCLEAR TASKS AND CHOOSE EASY DISTRACTIONS

TIME PASSES, GUILT GROWS, CONFIDENCE DROPS

BEATING PROCRASTINATION



MAKE TASKS SMALLER AND CLEARER (FIRST 10–15 MINUTES ONLY)

USE THE 2-MINUTE RULE: “JUST START FOR 2 MINUTES”

REMOVE OR LIMIT DISTRACTIONS (APPS, TABS, TV)

SET A START TIME, NOT JUST A DEADLINE

PERFECTIONISM



“IF IT’S NOT PERFECT, I WON’T DO IT”

LEADS TO OVERTHINKING, SLOW PROGRESS, AND SELF-CRITICISM

OFTEN FEAR OF JUDGMENT OR FAILURE IN DISGUISE

YOU END UP DOING NOTHING INSTEAD OF SOMETHING

OVERCOMING PERFECTIONISM



AIM FOR PROGRESS, NOT PERFECTION

ALLOW “MESSY FIRST DRAFTS” AND IMPROVE LATER

SET A TIME LIMIT: “I’LL WORK 30 MINUTES AND THEN MOVE ON”

ASK: “IS THIS GOOD ENOUGH TO MOVE FORWARD?”

DISTRACTION



CONSTANT PHONE USE, NOTIFICATIONS, MULTITASKING

YOU FEEL “BUSY” BUT DON’T FINISH MEANINGFUL WORK

BREAKS ARE HEALTHY, CONSTANT DISTRACTION IS NOT

FOCUS IS A SUPERPOWER IN A NOISY WORLD

MANAGING DISTRACTIONS



CREATE A DISTRACTION-FREE WORK BLOCK (20–40 MINUTES)

KEEP YOUR PHONE AWAY OR ON DO NOT DISTURB

CLOSE EXTRA TABS AND APPS

PLAN SHORT INTENTIONAL BREAKS SO YOUR BRAIN CAN REST

MANAGING DISTRACTIONS



CREATE A DISTRACTION-FREE WORK BLOCK (20–40 MINUTES)

KEEP YOUR PHONE AWAY OR ON DO NOT DISTURB

CLOSE EXTRA TABS AND APPS

PLAN SHORT INTENTIONAL BREAKS SO YOUR BRAIN CAN REST

Fear of Failure & Fear of Success



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FEAR OF FAILURE



FEAR OF LOOKING STUPID OR BEING JUDGED

FEAR OF WASTING TIME OR PROVING "I'M NOT GOOD ENOUGH"

SO WE DON'T TRY → WE "FAIL" BY DEFAULT

FAILURE IS FEEDBACK, NOT A FINAL IDENTITY

REFRAMING FAILURE



EVERY SUCCESSFUL PERSON HAS FAILED MANY TIMES

ASK: "WHAT CAN I LEARN FROM THIS?" INSTEAD OF "WHY AM I LIKE THIS?"

SEPARATE YOUR RESULTS FROM YOUR SELF-WORTH

YOU EITHER WIN OR YOU LEARN

FEAR OF SUCCESS



FEAR THAT SUCCESS WILL BRING PRESSURE, JEALOUSY, OR MORE RESPONSIBILITY

FEAR OF “CAN I MAINTAIN THIS?” OR “WILL PEOPLE EXPECT MORE FROM ME?”

SO YOU SELF-SABOTAGE WHEN THINGS START GOING WELL

OVERCOMING FEAR OF SUCCESS



ACCEPT THAT NEW LEVELS BRING NEW CHALLENGES – AND THAT'S OKAY

FOCUS ON GROWING STEP BY STEP, NOT BEING PERFECT

REMEMBER: YOU'RE ALLOWED TO OUTGROW OLD VERSIONS OF YOURSELF

SUCCESS DOESN'T MEAN YOU MUST PLEASE EVERYONE

Resetting After a Bad Day, Week, or Month



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BAD DAYS ARE PART OF THE PROCESS



ONE BAD DAY DOESN'T RUIN YOUR GOAL

THE DANGER IS NOT THE FALL, IT'S STAYING DOWN

SUCCESS = FALL DOWN, GET UP, ADJUST, CONTINUE

HOW TO RESET GENTLY



STEP 1: PAUSE AND BREATHE – ACCEPT WHAT HAPPENED

STEP 2: REFLECT: WHAT WENT WRONG? (NO HARSH SELF-JUDGMENT)

STEP 3: CHOOSE ONE SMALL ACTION TO GET BACK ON TRACK

STEP 4: RESTART WITH A LIGHTER, SMARTER PLAN

AFTER A BAD WEEK OR MONTH



ZOOM OUT: LOOK AT THE BIGGER PICTURE

MAYBE YOUR PLAN WAS TOO HEAVY FOR YOUR CURRENT LIFE

SIMPLIFY: FEWER GOALS, SMALLER HABITS, CLEARER PRIORITIES

ASK: "WHAT IS THE MINIMUM I CAN DO TO STAY IN THE GAME?"

SELF-COMPASSION, NOT SELF-ATTACK



BEATING YOURSELF UP DESTROYS MOTIVATION

TALK TO YOURSELF LIKE YOU WOULD TO A FRIEND

FORGIVE THE PAST, FOCUS ON THE NEXT STEP

YOU ARE ALLOWED TO START AGAIN – AS MANY TIMES AS NEEDED

Building Resilience & Mental Toughness



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WHAT IS RESILIENCE?



THE ABILITY TO BOUNCE BACK AFTER SETBACKS

NOT ABOUT NEVER STRUGGLING, BUT NOT GIVING UP

BUILT THROUGH CHALLENGES, NOT COMFORT

MENTAL TOUGHNESS BASICS



DO HARD THINGS ON PURPOSE (SMALL CHALLENGES)

STICK TO YOUR COMMITMENTS MORE OFTEN THAN NOT

LEARN FROM FEEDBACK INSTEAD OF TAKING IT PERSONALLY

REMEMBER TIMES YOU OVERCAME DIFFICULT SITUATIONS BEFORE

PRACTICES THAT BUILD RESILIENCE



REGULAR REFLECTION OR JOURNALING

GRATITUDE: NOTICE WHAT'S WORKING, NOT JUST WHAT'S MISSING

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

KEEP PROMISES TO YOURSELF – EVEN SMALL ONES

NEW STORY, NEW YOU



DON'T LET ONE FAILURE BECOME YOUR WHOLE STORY

CHANGE "I'M A FAILURE" TO "I'M LEARNING HOW TO SUCCEED"

YOUR IDENTITY GROWS WITH EVERY OBSTACLE YOU FACE

STRONG GOALS NEED A STRONG YOU – AND YOU ARE IN TRAINING

RECAP – DEALING WITH OBSTACLES & FAILURES



EXPECT CHALLENGES: PROCRASTINATION, PERFECTIONISM, DISTRACTION

FACE FEAR OF FAILURE AND SUCCESS WITH LEARNING AND COURAGE

RESET AFTER BAD DAYS/WEEKS INSTEAD OF QUITTING

BUILD RESILIENCE: SMALL WINS, SELF-COMPASSION, AND PERSISTENCE

THANK YOU