**What’s Stopping You?**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

When there is a never ending ‘to do’ list, the things that we really want to do can often end up permanently at the bottom of that list, so much so that we never actually get around to do them, yet not doing those things that are important to us can often be at the root of feeling unfulfilled.

There will always be obstacles and challenges to overcome with anything and our focus is more often than not skewed to focus on those challenges as a reason for not doing something rather than finding ways around them.

This exercise will help you to change your focus.

**First of all, make a list of all the things you want to do in your life, yet for whatever reason you haven’t done them.**

**Next to each of those things on your list, note all of the reasons behind you not doing them.**

**Once you have done that, now make a list of all the reasons you could do them and how you can get around the obstacles you’ve identified by asking yourself the question, ‘How can I make this happen?**

**It’s important to reflect on which obstacles are actually real and which you have just accepted without question.**

**Whilst carrying out this exercise be honest with yourself and get to the real reasons you are not doing the things that you want to, when you get to that point it is a game changer!**