# 3 Common Obstacles That Keep People From Taking Action

We’ve all been there. You know you need to take action in order to achieve your goals, but something keeps holding you back. The wild part is, that you may not even be sure what’s holding you back. If this sounds like you, you’re definitely not alone. Taking action can be scary because it, oftentimes, requires change. Taking action also requires motivation, which can be hard to find in many cases.

There are actually several common obstacles people face daily that prevent them from achieving their goals. You may find it helpful to know what these obstacles are. Most of them are mental, which means they’re possible to overcome as long as you have the right tools on hand. Let’s get started!

## The 3 Most Common Obstacles That Prevent People From Reaching Their Goals

In many cases, overcoming obstacles is all about adopting a growth mindset. Having a growth mindset means that you’re willing and able to learn from your mistakes, embrace challenges, and accept constructive criticism from others. Now, let’s take a closer look at these obstacles that you may or may not be facing below:

### Negative Thinking

If you feel like you’re constantly being bombarded by negative self-chatter, don’t worry — you’re not the only one. The problem with negative thinking is that our negative thoughts can very quickly turn into limiting beliefs. In order to overcome your negative thinking, you’ll need to reframe your thoughts. For example, instead of thinking: “I’m not smart enough,” you might think: “I’m smart, but there’s always more to learn.”

### Fear of Failure

This is a big one. Obviously, no one wants to fail, but the fear of failure can really hold you back from achieving your goals. In general, someone with a fixed mindset (rather than a growth mindset) would rather not try at all than face failure. Instead of fearing failure, you must learn to embrace your failures as opportunities to learn. If you don’t try, you’ll never know. You know?

### Unrealistic Expectations

The problem with setting unrealistic expectations is that you’ll likely feel pretty demoralized if you don’t end up reaching your goal. This sense of demoralization often causes people to give up. Needless to say, giving up is not going to get you any closer to reaching your goals. It’s recommended that you start off by setting realistic expectations for yourself, and celebrate small milestones along the way.