



8 STEPS TO OVERCOME OBSTACLES IN YOUR LIFE & BUSINESS

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W E L C O M E

Hi There!

Welcome to the Overcoming Obstacles Workbook: 8 Steps to Success! I'm thrilled to have you here. This workbook is designed to guide you through the process of overcoming obstacles in both your personal and professional life. Whether you're facing challenges in your business, career, relationships, or personal development journey, this workbook will provide you with practical strategies and exercises to help you navigate through any roadblocks you encounter. Get ready to embark on a journey of growth, resilience, and transformation!

I'm Brandon, aka Run, and I'm passionate about helping people unlock their full potential and achieve their goals. As an entrepreneur, coach, endurance athlete, and relentless seeker of growth, I've faced my fair share of obstacles along the way. Through years of experience and personal development, I've learned that overcoming challenges isn't just about finding quick fixes—it's about developing a resilient mindset, building effective strategies, and taking consistent action. I created this workbook to share the insights and tools that have helped me navigate through life's hurdles and emerge stronger than ever.

I'm excited to support you on your journey to success!



Brandon Michael Clark

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Below you will find sections for you to fill out. Take your time with this and go with your gut on what your first thoughts and answers are. Repeat as many times as needed to dial it all in.

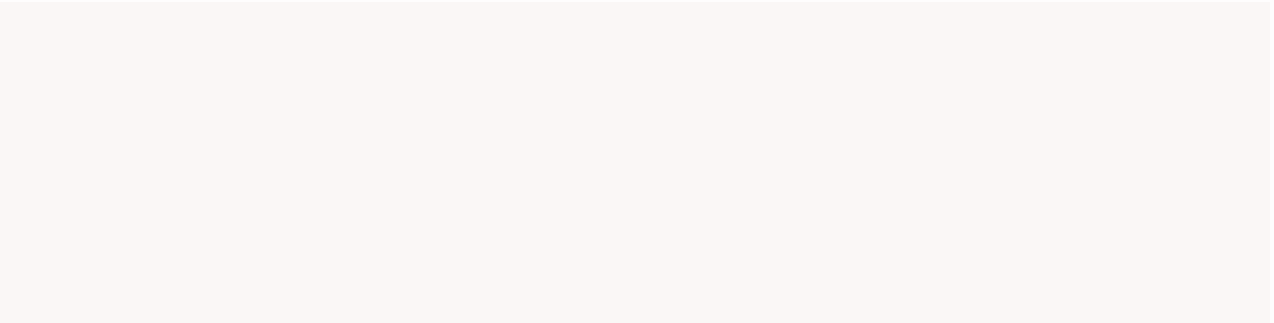
1. IDENTIFY THE OBSTACLE

The first step to overcome any obstacle is to identify the causes. Is this an internal or external obstacle? Is this in your control or out of your control?



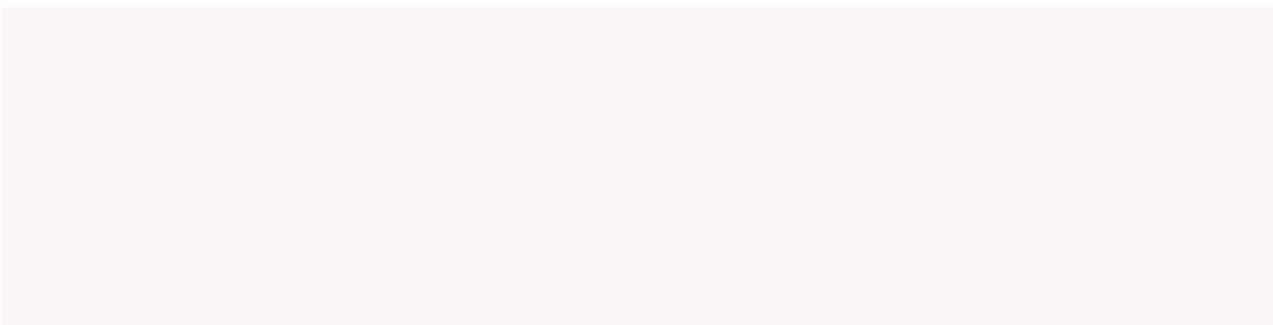
2. EVALUATE YOUR OPTIONS

Once you have identified the obstacle, evaluate the different options that you have. Try to think of multiple options or ways that you overcome the obstacle.



3. GET A PLAN OF ATTACK

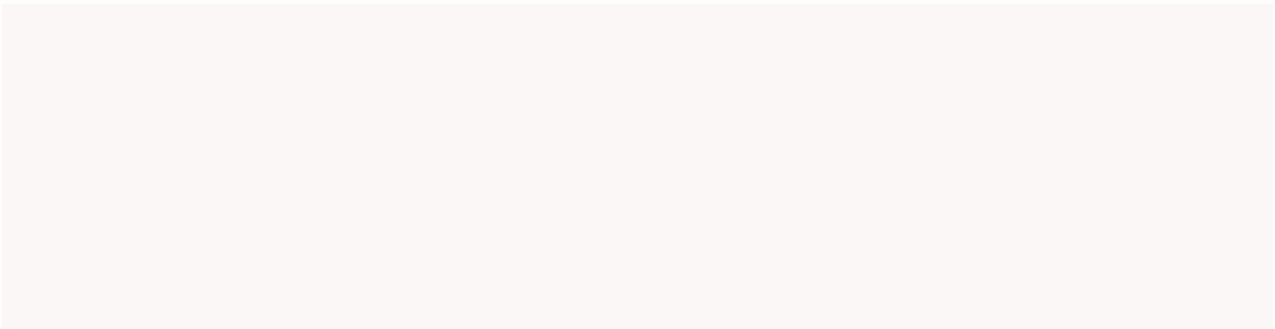
To build your plan, I want you to break it down into groups of 3. For every step, list 3 things you can do to accomplish it. If needed, find a mentor, read books, or take a course to help speed up the process.



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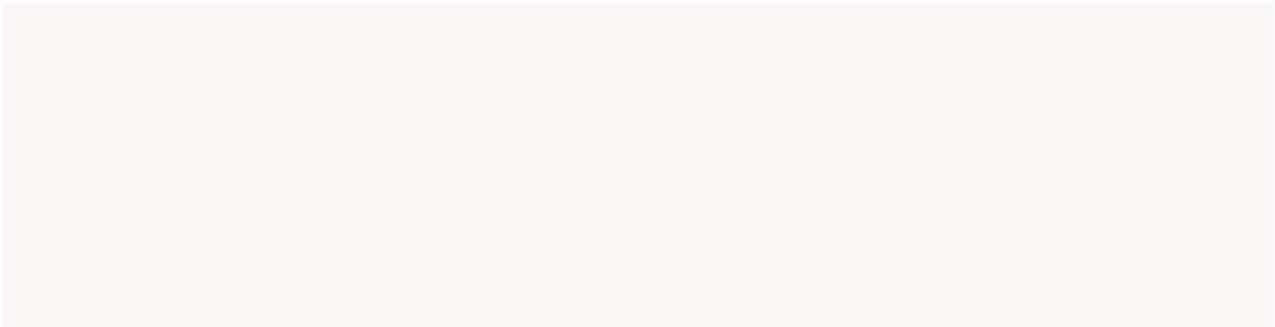
4. BUILD A ROUTINE

Build yourself a routine that will keep you in the right frame of mind throughout the day. Have a morning and evening routine to set intentions and reflect. This doesn't have to be a big thing. Focus on what you need.



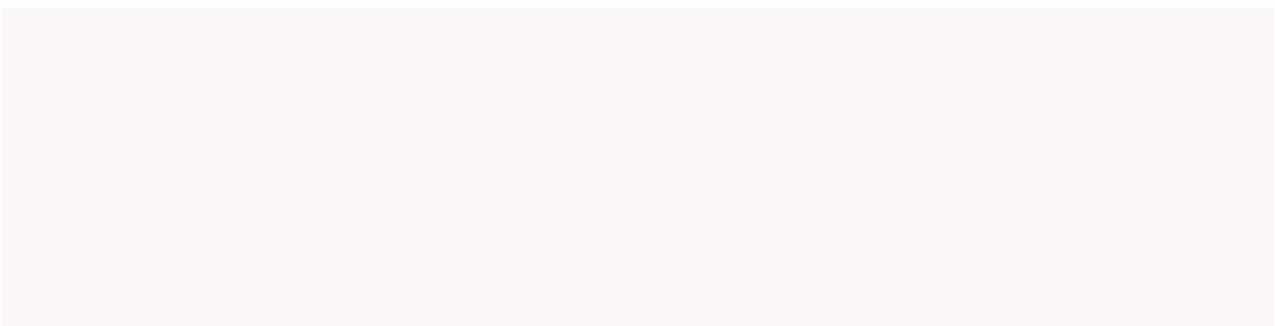
5. FOCUS

Follow One Course Until Successful. Do not stray from your plan of attack. Keep focused throughout the process. Write down any distractions that you want and need to avoid during this.



6. TAKE DAILY ACTION

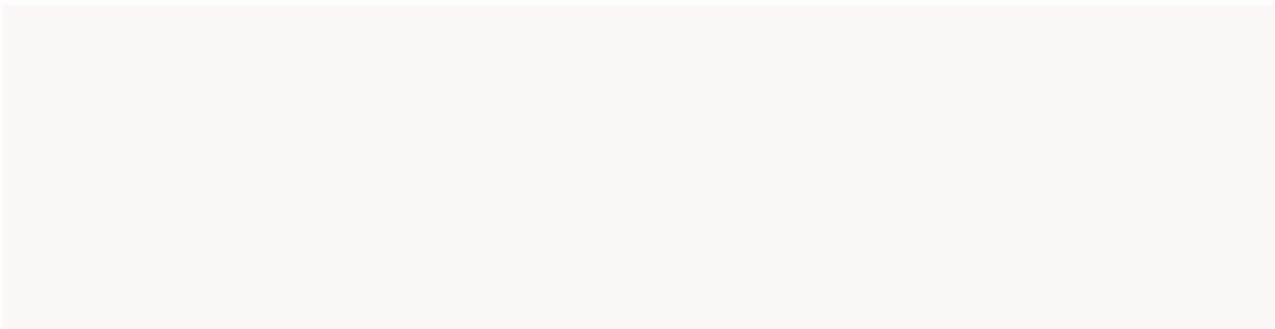
No matter what, take consistent action each day towards accomplishing your goal. If you have 30 minutes or 10 hours, take action daily. Write down your daily MUSTS here.



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7. GET 1 PERCENT BETTER

Do not look for massive change overnight. Live your life like I live mine, by getting 1% better each day. You have to take it one step before the next. Below write out some mantras that you can rely on when doubt creeps in.



8. REFLECT AND REFINE

Never Give Up! No plan usually works right the first attempt. Keep testing and tweaking until you overcome the obstacle and accomplish your goals.



WANNA LEARN MORE
AND TAKE YOUR
GROWTH TO THE NEXT
LEVEL?



Ready to level up your growth journey? Join my coaching program for personalized guidance and resources tailored to your goals. Let's work together to overcome obstacles and achieve success. Click below to learn more and start your transformation.

WORK WITH ME