

# Examples of Anticipating Obstacles

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## Here are three examples of how some of the individuals I've coached have anticipated and overcome obstacles...

On multiple occasions, Stefanie's boss would ask her to work a double shift while she was already working on her single shift. This left her without an opportunity to go home for dinner and she was forced to eat what was in the snack machine at work or at fast food establishments nearby. As you can imagine, these didn't provide healthy options. Stefanie decided to anticipate the double shift. She started preparing her meals at home beforehand and taking them with her to work. If she was asked to work a double, she was prepared with a healthy meal. If not, she already had dinner made and could take it home to eat!

Glenn often had the best intentions of getting up early in the morning to exercise before going to work. This worked fine when he could get to bed at a decent time the night prior. But after he and his wife started a family, he found that he would get to bed later than he had been. Family obligations took priority after coming home from work, and then he had to stay up later to work on the home business and knock out administrative tasks. Late nights didn't set him up well for the early morning wakeups and exercise plans. Many times, when the alarm would go off, he would just roll over and go back to sleep. Realizing that he had to remove as many barriers to morning exercise as possible, he started packing his gym bag the night prior, and placing both that and his change of clothes for work in the car in the evening. This removed those minor obstacles in the morning so he could get up, grab a quick bite and head out the door. If he decided to skip the gym in the morning, he'd have to go out to the car to get his toiletries and work clothes before getting ready for work. Many times, just this thought alone was enough to get him up and going to exercise!

Ann works in an office where her coworkers are frequently bringing in sweets, baked goods, donuts and desserts for everyone to enjoy. Because she has a sweet tooth, it's extremely hard for Ann to pass up these delicious treats. With the help of her health coach, she decided to keep a toothbrush and toothpaste at work. Whenever her coworkers would bring in treats for the office, Ann would go brush her teeth. Because the toothpaste left a minty aftertaste in her mouth, Ann knew she wouldn't enjoy the sweets if she were to eat them after brushing her teeth. This gave her the willpower to break the habit of mindlessly indulging in the dessert frenzy with her coworkers, and to stick to her overall goal of reducing her sugar intake.