

What stops people achieving their goals?

Fill in the gaps with the words from the box:

naysayers tenacious a leg up pear-shaped sacrifice hung up on on the chin own up
fraught lofty accountable pulling your weight amount balancing act line



I think a lot of people simply lack that hunger; that killer instinct that drives them towards their objectives. It's a long road ahead and many get 1) _____ minor trivialities that make them fall at the first hurdle. They need to be 2) _____ and push on; they need to fill their noses with the scent of success at every step of the way. It's an arduous road 3) _____ with challenges but it's these adversities which build character and lead us to the finish line.

Sometimes your goals might be 4) _____ but you're surrounded by 5) _____. I would disassociate myself from such people immediately who don't have your best interest at heart and don't offer you words of encouragement. And let's be fair; such people aren't your friends anyway. So don't be afraid to draw the 6) _____ at such relationship.



A lot of people don't hold themselves accountable for the targets they set. Willpower alone will only get you so far. But when things go 7) _____ or not according to plan, you have to 8) _____ to it. You could share your goals with those around you and if they catch on that you're not 9) _____ and you're going back on some of your commitments, they can hold you 10) _____.

I think some people have the best intentions but are fully unaware of how much of a burden their personal commitments are. For example, some mothers have to deal with a 11) _____ between running around after the kids, holding down a job and having some valuable 'me time.' It's sad when you have to 12) _____ a goal as simple as taking up a personal hobby for scrubbing the dishes.



I think the phrase of the year is 'Imposter Syndrome' which, when unravelled, means: have a total lack of confidence and faith in myself and my abilities. It's understandable if you've been put down your entire life, made to feel worthless and that you will 13) _____ to nothing. I get that. I don't think I have 14) _____ on my peers. But there comes a time when you simply have to drop the self-pity image because it's highly toxic and pull yourself up, get out there and take it 15) _____. Achieve your goals and watch how life suddenly becomes wonderful!