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| **Logo  Description automatically generated with medium confidence** | **GETTING PAST THE 6 BARRIERS** |
| **THE BARRIERS** | **ACTIONS TO GET PAST THE BARRIERS** |
| **BARRIER #1**  Competing Priorities. |  |
| **BARRIER #2**  Dealing with Frustration, Ineffectiveness, or Failure. |  |
| **BARRIER #3**  Challenge to Our Identity. |  |
| **BARRIER #4**  Challenge to Our Relationships. |  |
| **BARRIER #5**  Being Too Visible. |  |
| **BARRIER #6**  The Effort Required – Wearing Out. |  |