



External Factors

You can do everything right but still come up short. The hard truth is that adversity and setbacks aren't always due to your actions or attitudes. So what can you do when you face roadblocks that you have no control over?

These may not be your own failings, but they can still leave you disheartened and impact your motivation. However, you may still find that there are decisions or behaviors you can change to create better future outcomes for yourself.

Consider steps you can take to increase your chances of success in the following scenarios.

Scenario

1. Other team members aren't pulling their weight on a project, leading to missed deadlines or unhappy clients.

2. A person in a position of authority is holding you back from a deserved promotion/advancement without a valid reason.

3. A relationship failed because the other person was an addict, an abuser, a narcissist, or otherwise harmful.

What Can You Do to Create Your Own Success?

Blank space for response to scenario 1.

Blank space for response to scenario 2.

Blank space for response to scenario 3.