



COVID-19 Recovery and Resilience Programme

EPISODE 13

How to Overcome Obstacles and Achieve your Goals

FACILITATOR

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A partnership between



Solidaridad



WORKBOOK

This workbook is a personal guide designed to accompany the CoRe Programme's audio and video lesson for the week. Download it for free on our website www.core.com.gh

Name: _____

Phone Number: _____

A **Goal** is 'an aim, a desire or a roadmap to a particular destination.' Many people set their goals for the year at the beginning of the year. Your goals could be spiritual, professional, financial, social or physical.

An **Obstacle** is as anything that hinders, prevents or blocks you from progressing or achieving your goals or targets.

Goals are **Roadmaps** while Obstacles are **Roadblocks**.

5 Benefits of Goals are;

- They give a **Clear Direction** about what you want to achieve;
- Goals help in **Decision making** and keep you **Focused**;
- Goals keep you **motivated and inspired**;
- Goals give you a **sense of satisfaction**;
- Goals provide a **basis for measurement**.

1. What are your two biggest goals for this year?

2. Have you encountered any obstacle (s) in trying to achieve your goals? Were they financial, health or legal obstacles? Write them down.

Lessons from the Akoko and Akroma Story

Lessons from the Hen (Akoko)

- Her strategy was **not flexible**.
- There was **poor teamwork**.
- The hen's team **did not communicate**.

Lessons from the Hawk (Akroma)

- Akroma had a **flexible strategy**.
- It was **patient** in its work.
- It was **responsive** to changes around it.
- It seized the opportunity (the chicken) with **speed**.

3. What one thing will you do to be less like the hen (Akoko)?

4. What one thing will you do to be more like the hawk (Akroma)?

Let us to hear from you.

1. What is the biggest lesson you have learnt from this episode and the workbook?
2. What will you do with the lesson you just learnt?
3. What question would you like to ask the facilitator?

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