Potential Obstacles to Career Navigation

*Check anything you think may get in the way of achieving your SMART career goals.*

![C:\Users\sdupley\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1M4PMTYW\MC900434665[1].wmf]()

* Lack of experience
* Low self-esteem, low belief in your ability to achieve
* A lack of soft-skills
* Lack of motivation
* Trouble with decision making
* Procrastination (leave things until the last minute to complete)
* Impulsivity (you don’t tend to think before you act)
* Disabilities (learning, physical, mental, health problems)
* Lack of skills or abilities
* Lack of education
* Pressure from other people in your life to make certain decisions
* Social or familial roles (gender, religious, cultural, you have family to take care of, etc.)
* Anxiety gets in the way of performing well
* Financial (paying for training/post-secondary education, etc.)
* Location/transportation (geographical limitations, travelling, etc.)
* Local labour market (jobs are disappearing, not hiring in your sector, etc.)
* Weak employability skills (resume writing, interviewing skills, etc.)
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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How can I overcome these obstacles?

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| Obstacle | How can I overcome this? What *actions* will I take? |
| **Example:** Lack of experience | * Gain experience through volunteer work. I will call \_\_\_\_and ask what volunteering opportunities are available.
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How can I overcome these obstacles?

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| Obstacle | How can I overcome this? What *actions* will I take? |
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