

# Potential Obstacles to Career Navigation

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

* 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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* Other

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* Other

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* Other

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* Other

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* Other

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* 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 competence | * Gain experience through volunteer work. I will call and ask what volunteering opportunities are available
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