

Discovering obstacles

I don't have the right personality to succeed

I can't keep up

I lack focus

I'm not worth it

Now's not the time

I'll get overwhelmed

I can't have it all

I don't have what it takes

I don't know enough

I don't have enough time

I'm a failure

I have to be fake for people to like me

I can't do this

I'm no good at dieting

I can't handle more things to do

Who am I to be successful?

I don't have all the answers

I won't be able to handle extra commitments

I'll have to do a half-hearted job

I will spread myself too thin

I don't deserve this

This is hard work

It will all be taken away when I get it

I can't afford to get help

I don't have money to spend on myself

I'm already too busy

I'm too disorganised

I'm not motivated enough

I won't enjoy it

It won't work for me

I won't be able to have a life

What if people laugh at me

I'll have to work too hard to succeed

People won't like me if I'm successful

It can't be easy, it must be hard

I might have to give up too much time

I have kids, I have to put them first

What if I get good results and then lose it all?

You can't be a good parent and be in good shape, something has to give

Who do I think I am anyway?

My partner will leave me if I'm fitter than him

What will my family think?

What will my friends think?

I never succeed so why even bother