

## Life, Love & Leadership Podcast

### #39 - Overcoming Obstacles

1. There are \_\_\_\_\_ that we will \_\_\_\_\_ encounter in life.

#### AoG - Attitude Of Gratitude

(Become a part of a *community* and build relationships with others.)

**What are you thankful  
for?** \_\_\_\_\_.

- If you share this podcast with someone else, let me know who you shared it with and I will send you a John Maxwell Leadership Book of your choice, or a copy of my book, A Married Man's Handbook. **Absolutely free!** Including the shipping. Email: [Tom@RealLeadershipCompany.com](mailto:Tom@RealLeadershipCompany.com)  
And let me know who you shared the podcast with.  
Only the first person to respond.

2. One of the biggest obstacles that we all will face is, our own \_\_\_\_\_ negative thoughts.

3. Most people are unaware that they are even thinking or speaking negatively because it has been a \_\_\_\_\_ pattern.

4. Here's a negative thought that you may have said, "This is the \_\_\_\_\_ we've \_\_\_\_\_ done it!"

5. A lot of us have dealt with **dominant-negative** thoughts. And you know what? Many of them are \_\_\_\_\_ our \_\_\_\_\_. (They've been modeled before us.)

**Dominant means:** *Someone or something that is **dominant** is more powerful, successful, influential, or noticeable than other people or things.*

Here's a 2016 Forbes article called:

**13 Ways To Overcome Negative Thought Patterns**

<https://www.forbes.com/sites/forbescoachescouncil/2016/05/09/13-coaches-explain-how-to-overcome-negative-thought-patterns/?sh=5035495e35cb>

**#2 Replace the Negative Thoughts** – David Taylor-Klaus, of DTK Coaching, says:

6. We don't overcome negative thought patterns, we \_\_\_\_\_ them.

7. Get your mind \_\_\_\_\_. Replace the dominant-\_\_\_\_\_ thoughts of "I can't." "It won't work." & "We don't have a budget for that!" Etc. with \_\_\_\_\_, encouraging words like, "I \_\_\_\_\_! or We \_\_\_\_\_" "Let's find \_\_\_\_\_ way."

**Here is a Twitter worthy quote for you:**

*"In order for us to be successful, in order for us to win, remember obstacles are only a detour and not a dead end."* - Tom Rea.

8. There is an old proverbial saying that dates all the way back to the 1800's and it is..."There is more than one way to skin a cat."

It means that there are \_\_\_\_\_ to achieve a goal than the \_\_\_\_\_ that is chosen.

Curly Howard, of the Three Stooges, said: ***"If at first you don't succeed, keep on sucking till you do succeed."*** <https://youtu.be/7sWYdRPujsk?t=425>

9. One way to \_\_\_\_\_ is with an \_\_\_\_\_.

**John Maxwell has shared some thoughts on imagination. He says...**

10. "Imagination creates \_\_\_\_\_." "My favorite word could be 'options'. I love options. Please don't box me in." "\_\_\_\_\_ helps you understand there's more than one way to do this." "\_\_\_\_\_ gives you more \_\_\_\_\_. This is where success comes in. Success is having \_\_\_\_\_ than \_\_\_\_\_ answer."

Maybe one of our obstacles is when we're met with opposition that forces us to stand up for what we believe is right. Here's more on this thought, from Andy Stanley <https://fb.watch/b3umdg8nln/>

11. "In order for us to be \_\_\_\_\_, in order for us to \_\_\_\_\_, remember obstacles are only a \_\_\_\_\_ and not a dead end." - Tom Rea.

I would like to hear about the obstacles that you have overcome.  
Tom@RealLeadershipCompany.com

Don't forget to **subscribe** to this podcast and stop back by every Tuesday to catch another episode. Here: <https://www.realleadershipcompany.com/podcast>  
Or everywhere you listen to podcasts. Share this information with others. Thanks!

**Who do you know that I should know?** *Who do you know* that could benefit from listening to this podcast? What business owner, married couple, Pastor or friend do you know that could benefit from our coaching or leadership development training or seminars?

*If you're looking for accountability for your goals and dreams* or you, your business, your marriage or your ministry needs some leadership development or coaching. Schedule a free no-pressure, no-obligation [call with Tom here:](#)

**I Use Evernote Practically Every day:** It's a powerful note-taking / web-clipping software for all your devices. But it's much more than that. [Get Evernote Today!](#)

We would love to hear your feedback and If you need the answer key to this PDF, email [tom@realleadershipcompany.com](mailto:tom@realleadershipcompany.com)

God Bless!  
Real Leadership Company.