



DAVE SINCLAIR

FROM OBSTACLE TO
OPPORTUNITY!



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Are you looking to move forward, but feel stuck, lost, or overwhelmed by setbacks, roadblocks and obstacles....

You are not alone my fellow traveler. It happens.

A key difference between moving forward and staying stuck is what we do after we realize obstacles are there. Are they permanent like a closed door or are they wanting, and urging us to open and explore even further?

This exercise is meant to help you step back for a moment, to sit with the obstacle you currently face, explore what is important to you, and what your path forward is.

If you would like to take this work to the next level reach out to me for a one on one coaching package or if you would prefer to explore further please visit my website (www.davesinclair.ca).



Numb Buster: From Obstacle to Opportunity!

1. What is one obstacle, roadblock or challenge that you are facing that has you stuck? If you can identify more than one obstacle feel free to list them all and then ask which one obstacle, if had less of a hold on me, would allow me to move forward more freely?

2. Now that you have identified an obstacle you would like to overcome take a moment to step back to explore your inner dialogue you are having about this obstacle. What is it that you may be telling yourself about the obstacle and situation?

3. Now that you have identified a key obstacle to overcome, and some inner dialogue about it, I invite you to explore it just a little more by asking yourself this question. What is it that this obstacle is holding me back from, or is threatening to take away from me, that I value?

a. If you have taken the time to identify and define your values jot them down below and take a moment to explore how this roadblock may be interfering with them. If you have not taken the time to identify your values and define them, what might this roadblock be bringing to light for you around what it is that you do value?

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- 4.** What is within your control and not within your control regarding this obstacle?
Below, use the sticky notes notes, to get these thoughts out of your head and onto paper to help you mentally de-clutter...

In my control

Not In my control

a. Now that you have a list of what is and what is not within your control step back and ask yourself this., How might I release the things that are not within my control or hold them a little lighter so that they do not take up as much of your mental energy?

b. Looking at the list of what is within your control. what is the one thing, that if you were to work on it first, would allow you to start addressing this obstacle? What is the first step you can take to start working on this one thing?

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- 5.** Are you up for something fun? imagine you could have a conversation with three other people and tap into what their thoughts would be around your obstacle. Imagine one of these people had the wisest minds, one person had the wisest hearts, and one person had the ability to take the wisest actions. What would each of them provide to you for advice? Use the table below to capture a few thoughts that are coming up:

Wisest Mind:

Wisest Heart:

Wisest Action:

- 6.** How about you? What advice would you give someone else, who you deeply care about, and who you want to see move forward with their hopes and dreams, be regarding a similar obstacle. Imagine you can be fully honest and open with this person. What might you say to them that would help them?

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- 7** • After going through this exercise what are you noticing about your obstacle? How has your energy and feelings shifted around it? How may moving past this this obstacle enhance or improve what you value in life?

- 8** • What is one action step, or takeaway from this exercise that will help you move forward? How can you commit to yourself to put this in action?

If you found this worksheet helpful and are curious about how to accelerate your progress, I invite you to enroll in the “Roadmap to Your Ideal Life” online self pace course.

This course will help you create an authentic vision for your future that will fill you with meaning and purpose, act as your personal compass, and will transform your daily mundane habits into stepping stones that get you closer to your ideal life.

Break free from the rat race and start taking steps to a future that fills you with purpose, passion, and happiness. Use coupon code “Ideal25” to get 25% off the regular price.

**Enroll in the “Roadmap to Your Ideal Life” online course today at:
www.DaveSinclair.ca/services**

NUMB?



BREAK OLD HABITS. ESCAPE THE RAT RACE.

LIVE YOUR IDEAL LIFE.

DAVE SINCLAIR

Looking for just a little more? Order my book where I take you on a deeper dive into the backstory, and guide you through the process that helped me go from feeling Numb + avoiding challenges in my life, to feeling fully alive and tackling obstacles. I share how I escaped my self imposed rat-race and introduce a framework that you can use to create your own ideal life, ideal business, or ideal business transition! Purchase the book from my www.DaveSinclair.ca today!

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about Dave Sinclair

Your High Performance Transition/
Transformation Coach



What is a Transition/Transformation Coach?

As a Transition Coach, I help people and organizations create profound and meaningful change. By using my 4-stage stepback process, I help people and organizations go from where they find themselves now to where it is they want to go.

Are you suffering from stress, overwhelm, low self-esteem, lack of energy, lack of direction, or constant wondering and wandering?

You may feel alone. But you are not. I have also been there.

I have experienced many transitions, changes, and rollercoasters myself. I have been where you may now be. But I got out of it, survived, and created a new life full of abundance for myself, my family, and my business.

Now, as a coach, I help others, such as you, find their own answers.

If you are looking at the unclear path ahead, unsure of what the first step is, feeling like you are alone, and not knowing where to turn for help - I can help.

I can help you discover your path towards what is most important to you in life, more fulfillment, and even a healthier bank account. If you are ready for that abundant mindset where you get everything you want inside and outside of work, then contact me today.

Are you are ready to drop the hustle and break free from the B.S. that is holding you back? I can help you with one on one coaching that is right for you.

Still Have Questions?

Book a complementary 1:1 discovery session today by visiting my website or e-mailing me!

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