

Anticipating Barriers and Preparing Solutions

Exercise: List three potential challenges (e.g. limited time, funding constraints, communication issues) and brainstorm one or more solutions for each. For instance, if “time constraints” are a barrier, you might plan to use time management tools or delegate tasks.

Write your answer here

- Challenge 1
- Challenge 2

Reflection: Think about which barriers feel most likely and which solutions seem most practical. How confident are you in your ability to adapt if issues arise?

Write your answer here

- Solution 1
- Solution 2

Thought Experiment: Imagine encountering one of these challenges. Visualise how you would handle it calmly and constructively, using the solutions you’ve planned.

Write your answer here

- Challenge 1 Experience



Imprint

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