



## Coffee break exercise: **OBSTACLES & IMPETUS**

If you're struggling to make progress in getting back to work, there are probably underlying reasons. This exercise will help you identify your obstacles, and begin to think about how to overcome them.

### **What to do:**

#### **Step 1.**

Consider the feelings, issues and factors surrounding your return to work. These may be practical things (I want to earn money), or more emotional (I worry that I'll miss my baby). Write each down in an arrow, in the relevant column (you might need to draw more arrows).

#### **Moving me forward**

#### **Holding me back**

	
	
	

