

- * Helping You to Finish the Race
- * Don't Trip on Your Ideas
- * Relabel the Uncertainties & Issues As HURDLES
- * Can't's are now HURDLES
- * No's are now HURDLES
- * Impossible, crazy, expensive, outrageous ideas are now all
- * HURDLES



* Adaptation Hurdles



- * Low fear, better ideas and solutions are generated
- * Hurdle jumping will help you avoid the all or nothing and instead, break down risks into small jumps
- * Jump Fast, Trip Fast, or Finish

*** FEAR will trip you.**

*Think about the BIG Hurdles, not the tiny bumps



The fastest 100-meter hurdles wearing swim fins by a female is 22.35 seconds. It was achieved by Maren Zönker of Germany in Cologne, Germany, on Sept. 13, 2008.

*Identify the Hurdles



Jump Fast, Trip Fast or Finish

- * Technique to help you get over the hurdles
- * 1. Plan—what are the BIG Hurdles
- * 2. Do—Action to take to get over the hurdle
- * 3. Study—Look at the results did you jump or trip
- * 4. Act—Move forward or try another lane

* **Hurdle Race**

PLAN:

Identify the hurdle that must be jumped before you can invest Time, Energy or Money in your project/solution?

*Activity

DO: What actions can you take to address this hurdle in the next 7 days?



