* Helping You to Finish the Race
* Don’t Trip on Your Ideas
* Relabel the Uncertainties & Issues As HURDLES
* Cant’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
**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

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*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?

I used to have a fear of hurdles

But then I got over it