



HABIT 3 – WE SEEK GROWTH. WE EMBRACE OBSTACLES AS THE WAY.

With our third Habit of Transformational Leadership, we see that as **OPTAVIA** Leaders we are continually progressing on our journeys. That means we strive for personal, business, and Community growth regardless of our current environment. When an obstacle appears, realize it is there for you to grow.

When challenges arise, **OPTAVIA** Leaders find the opportunity and see the gift in the obstacle. If there aren't any obstacles, we realize we are not pushing hard enough. Once the challenge arises, it means that we are ready to embrace it, as we understand it is our relationship with the obstacle that is key. **OPTAVIA** Leaders change their perception to see how they can use the obstacle to create their future.

In this exercise*, let's explore something in your life that you have perceived as an obstacle. Describe it here:

Now, let's re-frame that obstacle:

Is there a way in which I could view it differently?

What is the gift within this obstacle that I am now ready to embrace?

As Transformational Leaders, we are only at our best when we are growing.

-Helen Urwin

Sometimes, you might need someone to help shift your perspective and see things differently. Try this exercise with a mentor or partner and see how it may change your vantage point.

Remember, we are coming from the **OPTAVIA** Leader paradigm that we explored in Habit 2. If we think "the obstacle should not be here," we're falling prey to the universal human paradigm that something is "wrong." As a Leader, no obstacle will derail you because you will use it to get to where you want to go. Go back to that compelling future you created in Habit 1 - you desire to grow into it, so know as a Leader that no obstacle will derail you because you will use it to get to where you want to go.

* Habit exercises modeled from the work of Helen Urwin and Xanobia.