The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

The information on these Obstacle Reflection Cards is from, ***The Obstacle is the Way: The Timeless Art of Turning Trials into Triumphs***, by Ryan Holiday. Reading the book will provide you with a deeper understanding of how to utilize the cards.

As team builders we design experiences to help our groups practice working through obstacles (problems) as a way to discover beneficial life-long behaviors. In his book, Holiday shares that engaging with an obstacle is a discipline of three critical steps: Perception, Action and Will. This is a useful process to share with our groups. The information on the cards will enhance the learning of this process. There are three types of cards:

Critical Steps Cards
There are three: Perception, Action & Will. We can frontload an experience with the idea of overcoming obstacles and what it takes to do so. Then, bring out the Critical Steps cards. Go over each one and bring up examples/life stories of each. These three cards can also be brought out during a program when there seems to be an 'obstacle' preventing progress: "Which step are we involved with right now? How are we perceiving the problem? What actions have we taken? Is our Will being challenged?" Then, "What do we need to do now to move forward?"

Concept Cards
There are three: 'Obstacle Mindset,' 'Force of Purpose' and 'Steel Yourself.' These three concepts stood out to me as driving reminders when faced with an obstacle. You can use these cards when moments/emotions arise that connect to these concepts – pausing to talk about the concepts when the group is in an emotional moment of recognition. We can also spend time defining these concepts in the way the group interprets them. Then, how is the interpretation used during the experience?

Quote Cards
The other 24 cards are filled with quotes that have come from the sections in the book about each Critical Step in the obstacle-facing process. Here are some workable ideas (so far):

- Frontloading: With all the quotes face up on the floor have participants choose a quote that sparks their curiosity.
- Frontloading: Participants pick a quote that fits with a story in their lives.
- Mid-Processing: Take a break in the midst of the activity, scatter all the quotes down and ask, "What quote or quotes do we need right now to help us?"
- (With a good understanding of the quotes…) Choose a quote that is directly connected to what is happening with the group. Stop them and ask, "Why did I choose this quote for you to consider right now?"
- At the end of an activity: "What words of wisdom did we follow? What words of wisdom did we overlook?"
- At the end of a program, set down the Critical Steps cards and challenge the group to place the Quotes Cards under the steps they pertain to. As this is happening, take little learning moments to point out some of the quotes and find out how the group can connect them to their program.

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

Perception

See things for what they are.

The Obstacle is the Way, Ryan Holiday

Action

Do what you can.

The Obstacle is the Way, Ryan Holiday

chris@onteambuilding.com

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

Will

Endure and bare what you must.

The Obstacle is the Way, Ryan Holiday

Obstacle Mindset

The Obstacle is the Way, Ryan Holiday

chris@onteambuilding.com

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

Force of Purpose

The Obstacle is the Way, Ryan Holiday

Steel Yourself

The Obstacle is the Way, Ryan Holiday

What impedes us can empower us.

The Obstacle is the Way, Ryan Holiday

Whatever obstacle we face, we have a choice.

The Obstacle is the Way, Ryan Holiday

I decide how something will affect me.

The Obstacle is the Way, Ryan Holiday

Just because your mind tells you something, it doesn't mean you have to agree.

The Obstacle is the Way, Ryan Holiday

The extent of the struggle determines the extent of the growth.

The Obstacle is the Way, Ryan Holiday

Fight the urge to panic - focus only on what you can change.

The Obstacle is the Way, Ryan Holiday

Problems are precisely as bad as we think.

The Obstacle is the Way, Ryan Holiday

Problems often come from applying judgements to things we don't control.

The Obstacle is the Way, Ryan Holiday

Turn what you must do into what you get to do.

The Obstacle is the Way, Ryan Holiday

Each obstacle we overcome makes us stronger for the next one.

The Obstacle is the Way, Ryan Holiday

Failure is an asset if you are really trying to improve.

The Obstacle is the Way, Ryan Holiday

A new path, by definition, is unclear - new things means obstacles.

The Obstacle is the Way, Ryan Holiday

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

Failure shows us the way, by showing us what isn't the way.

The Obstacle is the Way, Ryan Holiday

*Everything we do matters...**everything** is a chance to do and be our best.*

The Obstacle is the Way, Ryan Holiday

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

Sometimes the longest way around is the shortest way home.

The Obstacle is the Way, Ryan Holiday

Don't just do something, stand there.

The Obstacle is the Way, Ryan Holiday

chris@onteambuilding.com

Choose to act instead of acting out when faced with an obstacle.

The Obstacle is the Way, Ryan Holiday

Right action instead of blind action.

The Obstacle is the Way, Ryan Holiday

Nothing *can ever prevent us from trying. Ever.*

The Obstacle is the Way, Ryan Holiday

The Will is the one thing we control, always.

The Obstacle is the Way, Ryan Holiday

The path of least resistance is a terrible teacher.

The Obstacle is the Way, Ryan Holiday

Nobody is born with a steel backbone. We have to forge that ourselves.

The Obstacle is the Way, Ryan Holiday

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

We don't always get to choose what happens to us, but we can always choose how to feel about it.

The Obstacle is the Way, Ryan Holiday

Each obstacle can give you strength, wisdom and perspective.

The Obstacle is the Way, Ryan Holiday

chris@onteambuilding.com

Figure out what you need to do, and do it.

The Obstacle is the Way, Ryan Holiday

The only variable we control completely is ourselves.

The Obstacle is the Way, Ryan Holiday

Sometimes, the only answer to "What if…" is, *This is going to suck, but we'll be okay*.

The Obstacle is the Way, Ryan Holiday

To do great things, we need to be able to endure struggle and setbacks.

The Obstacle is the Way, Ryan Holiday

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com

We can wear down our obstacles with our relentless smile.

The Obstacle is the Way, Ryan Holiday

Keep going, advancing, even if you've been stopped in one particular direction.

The Obstacle is the Way, Ryan Holiday

*Flip the obstacles that life throws at you by improving in spite of them, **because** of them.*

The Obstacle is the Way, Ryan Holiday

We gather strength as we go.

The Obstacle is the Way, Ryan Holiday

The Obstacle is the Way Reflection Cards

Developed by Dr. Chris Cavert | FUNdoing.com