

Subtopic 3: Identifying Roadblocks to Participating in a Desired Activity

Refer back to the Planning Flowchart. The next step in this planning process, after you have identified an interest you would like to pursue, is to identify the roadblocks you think might prevent you from participating in the activity.

Activity 3: Complete Identifying Roadblocks Worksheet and Discuss Real and Perceived Roadblocks

Have them complete the Identifying Roadblocks table from TimeWise Student Book page 21 (below).

Identifying Roadblocks

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Directions:

- In the first column, list the activity you'd like to explore, plus 2 others from the *Narrowing It Down* activity sheet.
- In the second column, identify roadblocks that might get in the way of your doing each activity.
- In the third column, write some ways to overcome the roadblocks.
- In the last column, write whether the roadblocks you identified are real or perceived.

I would really like to...	But I can't or I won't because...	Ways to overcome the roadblocks	Real or Perceived?

CAUTION

Roadblock Ahead



Sometimes roadblocks can be overcome, perhaps with negotiation. Other times they cannot be overcome. It is important to learn to tell the difference. And sometimes we think a roadblock is real and sometimes a roadblock is just something we think is there, but it really doesn't exist. Some roadblocks just can't be overcome. That is why it is a good idea to have several interests that you would like to pursue.

Think about the following activities that are in the Live Your Why website.

Roadblocks to Leisure Activities: Real or Perceived?

<https://www.healthylamoillevalley.org/youth/>

- Plan a hike to Elmore or Buffalo Mountain and Hardwick Trails with friends or family
- Put on a show for family and friends
- Take an art class at River Arts, GRACE or your local library (often free)
- Join a youth group
- Try out a karate class
- Take a bike ride on the Rail Trail
- Create a cartoon
- Go to a program at your local library
- Plan a meal with your family.

Let's choose a few of these and discuss what obstacles might get in the way of pursuing the activity and whether the roadblock can be overcome.

Summarize

We have been discussing how to develop a new interest(s) in order to avoid boredom and get more benefits. Developing new interests often provides us with more variety and balance in what we do. Developing planning and decision making skills is a valuable skill that can be used in all aspects of life!