



Chapter Retreat

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Overcoming Obstacles & Achieving Your Dreams

SOROR BILLETTE OWENS ASHFORD



**DO YOU KNOW THE
DIFFERENCE
BETWEEN DREAMS
VS GOALS?**

What are dreams ?

A dream can be described as **a series of images, thoughts, desires, or emotions that pass through your mind**. It's a wonderful thing you can create in your imagination, most often related to your future. It's something you wish and hope to achieve someday.



What is a Goal?

A goal is something tangible and concrete — they are plans you intend to achieve.
They can be long-term or short-term.





Dreams and Goals are Not the Same

Dreams and goals are confused with one another quite often. Many think that goals are like dreams in that they're what you want to accomplish "someday." This is why so many people never accomplish their dreams — they forget the part of taking action!

- Without goals, your dreams may just stay wishes, hopes, and thoughts, without any chance of becoming a reality.
- Goals are the path you take to make your dreams a reality.





- Goals are based in reality.
- There is a price for having goals and it requires hard work.
- Dreams are able to stretch your imagination allowing you to create whatever your mind wants to, while goals stretch your capabilities
- Dreams can help you envision a better life for yourself, while goals will help the world around you change by taking you further towards making your dreams a part of your reality.



Achieving most goals means overcoming obstacles.
That's normal and part of the process.

“If you find a path with no obstacles, it probably doesn't lead anywhere.”

Frank Clark



Obstacles can be overcome, and sometimes they can't.



Sometimes you have to work around them or find alternatives.



The key is to not give up without wise consideration because you hit an obstacle, or because of your emotional reaction to the obstacle.

WISE CONSIDERATION

- **STOP** stands for Stop, Take a step back, Observe, and Proceed mindfully.
- **Practice radical acceptance.** Whatever goal you want to achieve will include overcoming obstacles. Expect obstacles and accept them as part of achieving the goal.
- **Accept your emotions.** When you encounter an obstacle, you'll experience emotions. Take a break and spend some time soothing yourself. Get into "wise mind," which is able to think clearly to consider the emotional costs of pursuing a goal (Is it worth it?) and the facts of the situation.

- Be willing to consider different ways to reach your goal.
- Find meaning. What lesson can I learn from this? Does this add to my life or my understanding in any way?
- Be willing to ask for input.
- Mistakes are normal. As surely as the sun rises every morning, you'll make mistakes as you work toward your goal.
- Celebrate! Recognizing your accomplishments is so very important. Celebrate the small steps you take



OTHER CONSIDERATIONS

- **Resist the Need for Instant Gratification**

- **Misinformation and Getting the Wrong Advice.**

Be careful about who you allow to speak into your life. Even people you look up to and respect may not be the right people to get advice from.

- **Overthinking your Goal.**

Carefully thinking through your next big change is a good thing, until it becomes the only thing. We can spend so much time aiming but never firing. In order not to be paralyzed by this obstacle, be sure that you are regularly taking action on your plans. Think, but also do

- **Being Indecisive.**

- **Be consistent/Discipline**



Don't be afraid to fail. Take Risks

You will fail sometimes, and you will suck somethings.

-Denzel Washington.

- Don't quit
 - Be flexible
 - Takes Guts and Grit
-
- Don't fall back – you will catch a break
 - Keep moving but be purposeful
 - Stay Prayed Up- you are not alone
 - Fall down seven times, get up eight
 - Praise God as you are going through it – good and bad
 - You will catch a break
 - It's not easy, if it were everyone could do it.
 - If you have no plan, plan to fail.



THANK YOU

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