



Obstacle Mapping Tool

When you can visualize your obstacles, you take away their power. This map helps you chart out what's blocking your path — mentally, emotionally, or spiritually — and find a faithful route forward.

1 The Destination

What goal, habit, or calling are you moving toward right now?
(Describe what “victory” looks like for this season of your journey.)

2 The Terrain

What kind of path are you on?

- ☐ Uphill climb — testing endurance
- ☐ Rocky ground — full of setbacks
- ☐ Foggy trail — uncertain direction
- ☐ Desert stretch — feeling spiritually dry
- ☐ Stormy path — emotional turbulence

(You can check more than one or describe your own.)

3 The Obstacles

List every obstacle you're currently facing.

(Include both external ones like time, money, or resources — and internal ones like fear, doubt, or burnout.)

- 1.
- 2.
- 3.
- 4.
- 5.

4 The Root Cause

For each obstacle, ask:

- What's really behind this?
- Is it a lack of skill, support, belief, or clarity?
- What truth or habit could help me overcome it?

Example:

Obstacle: "I don't have time."

Root Cause: "I'm avoiding it because I'm afraid I'll fail."

Truth/Action: "Progress over perfection — start small."

5 The Detours

How can you move *around* each obstacle instead of getting stuck at it?
(*Brainstorm creative alternatives, supports, or mindset shifts.*)

6 Faith Checkpoint

What promise or truth can anchor you when the road gets hard?
(*Choose a verse, quote, or prayer that strengthens your perspective.*)

7 Map Your Next Step

What is your immediate action?
(*Circle one obstacle you'll face head-on this week and write one concrete next step.*)

Victory Reminder:

Every obstacle you face is proof that you're moving forward. You're not lost — you're *learning the terrain*.