

What's Stopping You from Achieving Your GOALS?

Posted by [Martha Newman, J.D., PCC, TopLawyerCoach, LLC](#) • March 3, 2010 • [Printer-friendly](#)

Common Barriers that Stop Women Lawyers in their Tracks



It's no secret that the road to success is bumpy. It's never smooth sailing - for anyone!

Obstacles are out there. Some of them are big. Some are small. But, ALL of them can have a negative impact on your **personal** and **professional well-being**.

Experts like to call these obstacles "**barriers**." They come in a variety of forms, but most stem from **external** and **internal circumstances**.

Here is a checklist of **common barriers** that often **paralyze women lawyers with fear**.

Top Lawyer Coach, LLC
601 Penn Street
Fort Worth, TX 76102

817/992-6711
newman@toplawyercoach.com



External barriers:

- Gender biases
- Financial circumstances
- Competition
- Poor timing
- Lack of demand
- Bad luck
- Family expectations

Internal barriers:

- Fear of the unknown
- Easily embarrassed
- Moodiness/depression
- Lack of confidence
- Fear of failing
- Fear of success
- Fear of change
- Perfectionism
- Balancing work and family

Fear has a way of stopping people dead in their tracks.

Don't let it!

Face your fears by identifying which barriers impact you.

Think about it. The one thing you're *afraid to do* is probably the one thing you *need to do* to achieve success.

Your fears should NEVER be bigger than your determination - ever!

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