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### A big project got you overwhelmed-by-perception? Think like a building contractor

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by Jay P. Anstine

Do you have a big project and can't figure out where to start? We've all been there. I like to think of such times as overwhelmed by perception (OBP) because the project seems bigger than you can handle. Once you take that first step, it's not so scary. When it comes to big projects, some people make the mistake of taking on too much by setting an unrealistic goal. When they don't meet their goal, they get discouraged and either quit or the work stalls out. The end result is they lose confidence in their ability to set and meet goals.

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