



# Living Life LOUD

## Month 3, Week 1 Homework

Resistance is dealing with fear, anxiety, uncertainty, and even anger and depression at times, in order to do the work we were created to do.

MY GOALS FOR DECEMBER:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

→ What creative projects do you feel called to? Don't worry about prioritizing or ranking. Just make a quick three-minute brainstorm of anything that comes to mind, from starting a non-profit to knitting to publishing a poem to creating an online course to teach people to sell on eBay.

(Ignore any voices that come up that say you aren't qualified, or the idea is silly, or that you're not \_\_\_\_\_ enough to complete the project. In fact, those voices are great indications that you ARE supposed to tackle this project!)

→ Now go over your list and put a star by any uncompleted projects. Look over your list of starred projects and pick one – the first one that grabs your eye.

→ How do you feel when you think about not having completed (or started) this project?

→ Why haven't you completed it so far? What has the resistance looked like? Is it internal, external, or universal? Be specific!

→ Do you think your excuses are legitimate?

→ How will you feel a year from now if you still haven't completed (or started) this project?

→ Can you commit to taking one small action towards this project (or another on your list) this week? If so, write the action here:

→ If not, why not?