



# Living Life LOUD

## Month 3, Week 2 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. \_\_\_\_\_

→ This week, let's dig into our personal resistance. I want you to be so clear on what it looks like that every time it pops up, you can greet it as an old friend!

### 1. In what areas of your life does resistance (fear) pop up the most?

**Here are some common ones:**

- Artistic/creative (art, poetry, writing, painting, acting, etc.)
- Work (putting yourself out for a promotion, trying something, taking a leadership role)
- Speaking (public speaking, teaching, etc.)
- Sharing our work in a public forum
- Athletic/fitness (taking a dance class, starting a new sport, signing up for a race, getting in shape, going to the gym, starting an eating plan)

### 2. How does it manifest?

**Common ways:**

- Tired/depressed
- All or nothing thinking

- Distracted
- Procrastinate (how: \_\_\_\_\_)
- Get sick
- Drama arises (your own or someone else's?)
- Eat
- Negative self-talk (What does your “sock puppet” say? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_)
- Universe throws obstacles at you (such as: \_\_\_\_\_  
\_\_\_\_\_)
- Other: \_\_\_\_\_  
\_\_\_\_\_

**3. Describe a circumstance where you successfully worked through resistance (fear) in the past. What did you do? What happened? How did you feel afterward? \_\_\_\_\_**

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**4. Looking over that circumstance, what keys can you take for tackling resistance (fear) in the future? \_\_\_\_\_**

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**5. Using what you know about resistance and how to deal with it, devise a plan for how you will tackle resistance (fear) the next time it rears up. What will it do/say? What will you do/say in return? How will you feel when you successfully tackle it? \_\_\_\_\_**

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**6. Use the space below to draw a picture of your resistance. If you shine your light on it, what does it look like? A monster? A sock puppet? A tiny mouse? Does it change shape? HAVE FUN WITH THIS!**