



Living Life LOUD

Month 3 – Theme Call DEALING WITH RESISTANCE DECEMBER 2015

What Is Resistance?

Resistance is _____

Steven Pressfield in “The War of Art” says that resistance is _____

Romans 7:15 _____ says, “I do not understand what I do. For what I want to do I do not do, but what I hate I do.”

Merriam-Webster Dictionary defines “resistance” as:

In sum, resistance is a force not unlike _____ that, instead of _____ us to something, _____ us away.

Three Kinds of Resistance:

INTERNAL. _____

EXTERNAL. _____

UNIVERSAL. _____

Whatever the source, the outcome is the same:

YOU DON'T _____

What Happens When You Give in to Resistance?

1. _____

2. _____

3. _____

4. _____

IT SUCKS. You let yourself down.

Why We Need to Fight Resistance

Two reasons. One is _____, and one is _____.

1.

2.

So, How Do We Fight Resistance?

C _____

F _____

T _____

What Are the Results of Successfully Tackling Resistance?

The benefits of tackling our resistance are many:

1. _____

2. _____

3. _____

4. _____

5. _____

*We beat resistance, or it beats us.
There is no middle ground.*

RESOURCES

[Audio interview with Steven Pressfield](#)

TED Talk:

[Why We Do What We Do \(on motivation by Tony Robbins\)](#)

