



# Living Life LOUD

## Month 3, Week 4 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.

NOTE: Giving you an easy week because of New Years! :)

MY GOALS FOR DECEMBER:

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

→ Let's talk about CREATING.

**1. What are some things you've created that you look at in wonder? Could be your kids, a relationship, a business, a story, a poem, a scrapbook page. Name as many as you can think of in 5 minutes:**

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**2. What do you admire that others create?**

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**3. Do you tend to downplay your creations and see others' work as**

more impressive or important? Why?

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**4. What is your “territory,” as Steven Pressfield describes it? Where do you feel completely in charge and at home? (If you can't think of one, when was the last time you lost track of time because you were in “flow,” completely absorbed in your creative pursuit?)**

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**5. Why do you feel so comfortable in this place?**

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**6. What could you do to make it even more “yours?” (Stop looking for approval when you know you don't really need it, spend more time there, create a ritual to celebrate it...)**

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**7. Name one thing you are going to do to claim and/or celebrate your territory.**

“I will \_\_\_\_\_

by (date): \_\_\_\_\_.