



ACTION GUIDE - THE WAR OF ART

One of the biggest differences between the RBC and other book clubs is this action guide. So often, we don't make time to read. And even if we do, we don't take the time to really absorb what we've learned – and put it to action in our life. The purpose of this guide is to help you document your Aha! moments and points you want to remember in one handy place, and give you a simple guide to refer to to refresh your memory and keep you on track in the future.

The point is not to recap the ENTIRE book, but instead to pull out the 20 percent that is going to make the biggest difference in your life. And, of course, my 20 percent might be very different from yours! :)

This book is a must-read for anyone trying to create something in their world – different relationships, a business, a work of art, a work of words. If you are risking on a regular basis, that means you are doing something outside the norm. And that means you're going to deal with resistance and fear. And this book deals with both.

Here are the elements that hit me the most:

1. **RESISTANCE IS REAL.** There is a force – internal, external, or both – that seems intent on keeping us from our Work. Every creative person feels it. Everyone deals with it – or not. And the closer we get to our heart's Work, the stronger it is.

“The more important a call or action is to our soul's evolution, the more Resistance we will feel toward pursuing it.”

2. **RESISTANCE DISGUISES ITSELF.** It comes across as fear, yes. But also boredom, illness, care for others, drama, addictions of all sorts, self-victimizing, and a host of other ailments.

“Casting yourself as a victim is the antithesis of doing your work. Don't do it. If you're doing it, stop.”

3. **WHEN WE ARE JUDGING, WE ARE IN RESISTANCE.** I love how well this ties in with *Rising Strong*. If you're judging, you are resisting your Work.

“Individuals who are realized in their own lives almost never criticize others. If they speak at all, it is to offer encouragement.”

4. **YOU HAVE TO CHOOSE IF YOU ARE A PROFESSIONAL OR AN AMATEUR.**

Professionals leave emotion out of it. They get their work done without waiting for the ideal weather, time, feeling, mental state, etc. They don't look for outside validation, support, or approval.

“The professional cannot allow the actions of others to define his reality.”

5. **YOUR EGO FEEDS THE RESISTANCE. YOUR SELF BEATS IT.** The Self knows what is really important. The Self knows what it was called to do.

“Our job in this lifetime is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it.”

From the past homework sheets, what were your big AHA moments?

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

Some tips to remember:

- **Remind yourself that resistance is inevitable.** When you are doing your soul's Work, you will feel resistance. It's a sign of something RIGHT, not something going wrong.
- **Know what it looks like.** Get to know it like an old friend. Greet it by name. Don't be surprised. Know its tricks and secrets. See it for what it is.
- **Make the choice to be a professional.** You can change your life in this moment, just by deciding. Choose to act as a professional would.
- **Stop looking outside.** Look inside, not outside. The answers are NEVER outside yourself. Guides are important, but they show you the process, not the outcome.
- **Remember: YOU CAN DO THIS.** You can do hard things. I promise.

If you'd like an even greater level of coaching around the books we're reading, consider joining the [Living Life Louder Group Coaching](#) program!

