

OVERCOMING RESISTANCE

If you've been talking about making a change, but nothing's happening, something inside you is preventing forward momentum. We call it **RESISTANCE**.

If you're ready to let go of your inner resistance, use these coaching prompts to get to know your points of friction and begin to do the work to release them.

1 What **SCARES ME MOST** about this change is ...
(e.g. failure, success, mediocrity, exclusion, etc..)

2 What I'm **BELIEVING** (and "decided") that makes this an issue is ...
(e.g. not good enough, can't do it, won't work, etc..)

3 The **LABELS** (one-word stories!) I must detach from myself are ...
(e.g. incompetent, hopeless, weak, unworthy, etc..)

4 The things I do – or don't do! – to avoid hitting my **UPPER LIMITS** ...
(e.g. say no to further opportunities, etc..)

5 My **PATTERNS OF THINKING** that are interrupting my flow state ...
(e.g. catastrophising, minimisation, all-or-nothing, over-generalisation, emotional reasoning, etc..)

6 My **GO-TO STRATEGIES** for self-sabotaging behaviours are ...

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|--|--|
| <input type="checkbox"/> Procrastination | <input type="checkbox"/> Disorganisation |
| <input type="checkbox"/> Perfectionism | <input type="checkbox"/> Discounting |
| <input type="checkbox"/> Uprooting | <input type="checkbox"/> Overthinking |
| <input type="checkbox"/> Justification | <input type="checkbox"/> Busyness |
| <input type="checkbox"/> Judgement | <input type="checkbox"/> Wrong Crowd |