



The Big Shift

**EPIC GUIDE
TO DISSOLVING RESISTANCE**

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Move through this worksheet step by step to begin untangling the knot of resistance. This can take time, so be patient and repeat as necessary.

1. What are you resisting? What is the story around the resistance? What do you fear will happen? What are you afraid to release or let go of? If you accepted the thing you're resisting, what do you fear that says about who you are or how your life will turn out?
2. What core wounds are involved with this resistance? Are ideas of what you deserve or what you must do to be worthy causing you to resist? Are they preventing you from taking action towards expansion? Are they preventing you from speaking your truth and asking for what you need? Are your wounds causing fear that leads to resistance?
3. What habits are perpetuating your resistance? This could include complaining, spending time thinking about what you can't control, surrounding yourself with negative people, or reading, watching or listening to certain things that encourage you to keep resisting. That make it seem virtuous, even.
4. Is this object of resistance something you can change or can't change? What factors can you change? What factors are not changeable and must you accept? What unconventional solutions is your resistance blinding you to?
5. What is your intuition/heart telling you to do? Trust that there is an opening in this wall, and that you have all the tools you need to build your masterpiece. Try meditating or free writing, just writing whatever comes into your head and keeping the pen flowing. This is a magical method of drawing answers out from deep within your soul.
6. What opportunities are you leaving on the table, untapped? Are there ways in which you're planning for a worst-case scenario and not using all available resources to create a better future?

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7. In what ways are you giving up your power? Are you communicating your needs honestly? Are there compromises you could ask for? Ask from a place of compassion, acceptance and surrender, not resistance or anger.

8. What is one thing you can do today to create something new, start a new chapter, or make peace with the current situation? (It could be look for a new job, meditate, enroll in school, find a hobby to give you pleasure, take a walk. Have a heartfelt conversation. Anything!)

9. What are you grateful for in this situation? Be realistic and identify things you're actually grateful for and not things you think you *should* be grateful for. This could also help you identify untapped opportunities.

In your journal, write down a plan of action and refer to it as often as necessary – daily, hourly, whatever. Write: This is what I will do. These are the habits I will let go of. This is the conversation I will have. This is the action I will take. This is what I will accept and breathe into and release. This is what I will focus on moving forward. You got this! You will grow from this. You have everything you need to be who you desire and live the life you desire.

Refer to this guide again and again, as often as you need to! You will likely need to revisit these questions as you and your life change evolve and expand. Always have compassion for the speed bumps you encounter for it is through struggle and turmoil that we grow. It's all okay!