



## DESOLVING RESISTANCE Phase 3

Select the top three aspects of your life that you recognize you are resistant to changing

- Next write down three things you feel uncomfortable doing.

Write down why you feel uncomfortable doing these things.

- |          |          |
|----------|----------|
| 1) _____ | 1) _____ |
| 2) _____ | 2) _____ |
| 3) _____ | 3) _____ |

- What is the consequence of not doing these things?

\_\_\_\_\_

- How would doing these things benefit you?

\_\_\_\_\_

- How would I feel if you did these things?

\_\_\_\_\_

- Visualize accomplishing these tasks that will improve my life. How would you feel accomplishing these goals?

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