

How to Beat Resistance

NAME:

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This worksheet is a supplement training guide to “How to Beat Resistance” video published on April 16, 2016.

We all experience resistance every day when we’re trying to do something that matters. Whether you get out and exercise, want to sit and or work on a new project, whatever it is that thing that makes you feel alive and in the direction of your personal growth, resistance comes out kicking.

Download our FREE WORKSHEET for this video here:

<http://journeytopersonalgreatness.com/greatness-training-guide/>

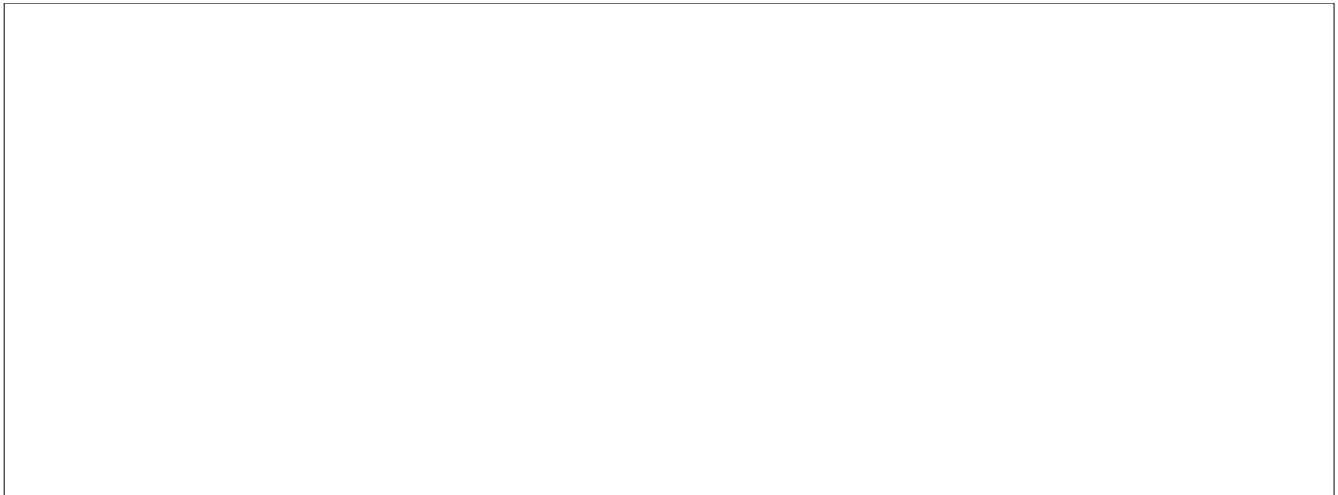
Given all our professional and even personal demands, it’s no wonder we often feel overwhelmed, and get distracted. We develop discouragement, doubt, and even fear. But what if we didn’t let all of those distractions have the last word? Since our dreams and goals represent the things that matter most to us, shouldn’t we fight and go for them? Aren’t our greatest hopes worth overcoming the resistance?

Steven Pressfield authored “The War of Art”. He popularized the term resistance. Resistance is something that cannot be seen, touch, or felt. We encounter it anytime we do something important from writing a book, working in the office, or even improving our health. But in order to promote a healthful nature at the soul level, achieve peak performance and pursue your personal greatness, there is one thing you just do in order to get that goal - BEAT RESISTANCE!

What could you be happy about if you chose to be?

If you're not actively focusing on the activities that bring you joy, you're missing out on a more fulfilled life. Find your joy and free your soul. Before you can achieve any goals in your life you need to know what your values are. Define your values. Take your time. Slow down. Are you honoring them? Your values are the things that you believe are important in the way you live and work. It should determine your priorities, and, deep down, they're probably the measures you use to tell if your life is turning out the way you want it to

What are your values? Click the link to download the 50 Values guide:
<http://journeytopersonalgreatness.com/wp-content/uploads/2016/03/JTPG-50.pdf>



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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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