

10 Ways to Overcome Resistance Checklist

Here are ten ways to overcome resistance and get back on track:

- Remember the “why.”** Why did you embark on your transformational journey? Revisit your initial plan, review your mission, and evaluate current status.
- Celebrate what you’ve accomplished so far.** As Tao Te Ching’s popular adage states, “A journey of a thousand miles begins with a single step.” Take note of and celebrate the progress you’ve already made.
- Call it what it is.** Our minds can play tricks on us, from making excuses to distracting us with too many details. Honor yourself for recognizing that you’re in a state of resistance. Awareness is the first step for confronting opposition.
- Identify the root cause.** It’s our blind spots that are at the heart of our resistance. There are methods and tools available to guide your awareness about who you are and your underlying patterns and biases. With this learning, you can more effectively—and consciously—manage yourself and your relationships.
- Challenge yourself.** Once you’ve identified your blind spots or root causes of resistance, you must move past your long-held beliefs. Declare, “This no longer applies” and turn your attention to creating new situations and stories about who you are and what you can accomplish. You’re stronger than you know.
- Take one step forward.** Your transformation will begin to occur when you have committed to “*I am changing this behavior; I choose this path instead.*” Believe in yourself, identify your mission, and stay dedicated. Your attitude toward what you want to achieve makes all the difference. You must have an intense desire to change.
- Redirect your energy.** Sometimes we’re our own worst enemy and can focus too much on the situation. The more attention you give to it, the more issues and distractions you’ll find. Instead, redirect your effort toward other areas that make you happy and productive. Focus your mind on things within your control.
- Be patient.** Change takes time. Let go. Take a break and work on another priority. When you feel ready, return to the previous activity, and start again with a fresh perspective and the confidence to achieve.
- Consult a friend, mentor, or coach.** Reach out to someone you trust, talk it through, and get their perspective. Sometimes, that’s all you may need—a friendly ear from someone who has your back. These individuals may also see things you don’t and offer suggestions or have a solution that’s worked for them. By speaking to someone else, you can release negativity and begin again.
- Get inspired.** Learn from others that you respect. Pick up a book, watch TV, or listen to someone else’s transformational journey. Be inspired and empowered by their actions to begin again.