



# 15 Minutes a Day to Outsmarting Your Resistance (With Love!)

See Your Patterns, Make New Choices,  
Take Action & Feel Great About It!

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## So You Want to Make Some Changes, Hmmm?

It would be SO wonderful if every time we decided to change something in our life we were able to make it happen...JUST LIKE THAT!



Unfortunately, it doesn't work that way.

**The minute we choose to make things different from how they are right now, we run smack into RESISTANCE.**

However, when we scratch just below the surface, we discover that resistance has immense wisdom and it will reveal this to you if you're willing to just take a little bit of time to get to know it.

Your resistance can teach you about what you really need, where to find support, what you're really scared of, beliefs you need to let go of, and much much more.

**This program will train you in new ways of thinking, feeling, acting and motivating yourself so that you can start making real progress toward your goals WITHOUT the old struggles.**

Are you ready? Let's dig in!

## Table of Contents

You're About to Get Smarter!	4
Where to Start	5
How to Use the Worksheets	6
The #1 Secret Ingredient	8
Resistance 101	9
Inner Digestion & Becoming Your New Self	19
Resistance Busters 1 - 4	22
Daily Tracking Worksheets	27
2-Page Cheat-Sheet	36
Welcoming Resistance Practice	40
After the Worksheets...Then What	43
Weekly Pattern Revealing Worksheets	45
Additional Support	48

## Read This First...

### You're About to Get Smarter!

In the next few pages, you'll discover a process that **you really can do in just 15 minutes a day**. The first time might take a bit longer, but once you get the hang of it you'll be off to the races!

*This process might get you unstuck and taking action in just one day, but I'd advise you to continue it for a few days or a week longer. Here's why.*

There's a difference between actively resisting something and just not setting up the conditions to succeed because you don't know what you need yet.

If all the conditions are there for you to take action - i.e. you remember what you're going to do and you have the time, space, money, energy and tools to do it - and you're STILL not doing it... that's resistance.

Using this process you'll find out more about what you really need and set yourself up for success with every action you decide to take. You'll also get clearer about your desire and your motivation every time you do the worksheets and that's fuel!

## Overview - Where to Start

If you want more information about how your resistance operates and why, read the **Resistance 101** section starting on **page 9**.

*Be sure to review the Daily Worksheets first though, 'cuz they have extra clues and examples in them to help you get the hang of this.*

If you want to get to work now, I recommend you read the instructions on the next two pages and then print out a set of Daily Worksheets, pages 27-35, and get cracking!

If you want to answer the questions in your journal or in some other format, grab the separate Two-Page Cheat Sheet, page 36.

Be sure to review the Daily Worksheets first though, 'cuz they have extra clues and examples in them to help you get the hang of this.

If you find yourself getting stuck or there's emotion and stress coming up around any action or any part of this process, just use the **Welcoming Resistance practice on page 40**.

And once you've done a few days of resistance tracking, you can break out the **Weekly Pattern Revealing Worksheet, pg 45**, and get a bird's eye view of what's really in your way.

## How to Do the Worksheets

**Here are a few tips to help you as you begin using the worksheets:**

- There are 6 steps to the process and they're best done in order. You don't have to dwell too long on any one step unless you want to.
- Set aside 15 minutes in a fairly quiet place free of distractions – somewhere you can close the door and not be disturbed. (Parents, this might be the bathroom!)
- You'll do one complete set of tracking worksheets each time. If you can't do them every day, just start again as soon as you remember, or set yourself a schedule of 2 or 3 times per week. Once you get to know them, you'll do them fairly quickly.
- I highly recommend doing this for at least 3 – 5 days in a row because you'll learn SO much. But doing the worksheets at all is GREAT, so do them whenever you can.
- Ask and answer all the questions GENTLY. Having compassion for yourself in your process will allow your biggest insights to surface.

## How to Use the Worksheets (cont'd)

- Print several copies of the worksheets, or just the cheat-sheets, so you have them ready and put them somewhere you can review them easily at the end of your day.
- It's fine to take more than 15 minutes. In fact, you may get so fascinated with what you're discovering that you'll want to take 30. Go for it!
- Once you have anywhere from 3 to 10 days worth of tracking worksheets completed, gather them together and print a copy of the Weekly Pattern Revealing Worksheet. You'll find all the instructions on page 45.
- No one process works exactly the same for everyone. Feel free to make these suit you and the ways you like to work best. Be creative!

## The #1 Secret Ingredient That Makes This Work

If you had a friend who always judged you, you probably wouldn't reveal very much to them, would you? It just wouldn't feel very safe.

Most of us treat ourselves inwardly much worse than we would treat any friend. We judge ourselves; we criticize; we doubt; we discourage; we tear down; we ignore, etc.

And our inner judgement and criticism is one of the biggest reasons that we avoid things. We're actually trying to avoid the judgement that makes us feel bad about stuff.

A great deal of the inner information you're seeking in this process has gone underground because you judged it or thought you "shouldn't" have it.

So the more you hold a *loving and compassionate space* for yourself, the more you'll reveal to yourself about your deepest desires, fears and motivations.

**The Secret Ingredient is: Welcome Everything!**

Learn to be a friend to every part of yourself and that safety you create will allow those all of your inner "parts" to share their wisdom with you.

## **Resistance 101**

### **Your Loving Protector**

We each have a set of internal “programs” designed to keep us safe. We store this programming in a part of the brain called the amygdala. It’s sometimes called the reptilian brain, because it evolved at the time of the dinosaurs. I like to call it the safety brain, because it really has our safety and our best interests in mind.

Your safety brain remembers everything that was ever dangerous or got you into any kind of trouble, including disapproval from others. It keeps a kind of internal catalogue of all those things and it constantly compares our present situation to what’s in the database to see if we’re getting close to anything dangerous.

If it finds a match, it will release adrenaline into your blood stream, which is the chemical that gives you the energy and strength to get to safety. That’s how mothers have the energy to lift a car off their trapped child!

And the next thing it does is launch a pattern of behaviour that’s designed to get you out of harm’s way – like distracting you from stepping out with your awesome project, for example.

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So, your resistance is simply a set of UNCONSCIOUS habits - thoughts, emotions and actions your brain repeats over and over again. These habits happen to be blocking your ability to take action. But you can change them by being conscious of them!

## **When Your Safety Brain is ON, Say Goodbye to Clarity and Focus!**

We all have moments when we look back at what seems like really irrational behaviour and wonder “What was I thinking?”

And the whole point is – we weren’t thinking! At ALL! In fact, we were physically incapable of thinking clearly or logically about our actions at that moment.

That’s why you can never think of the perfect thing to say until 20 minutes AFTER the argument! That’s how long it takes for the adrenaline to clear and the safety brain to shut off.

You see, as soon as the adrenaline is released, there’s a connection between your safety brain and your logical, rational brain that slams shut. Your safety brain literally shuts off your clear thinking in order to take over and get you out of danger.

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That's what we might refer to as 'freaking out'. Our hearts pound, our palms sweat, our thoughts race and our emotions run wild.

And we can have the same fight, flight or freeze response when we're about to speak up or launch a website as we would if a wild animal walked into the room. The biological cascade of symptoms and the adrenaline response are the same. Crazy, huh?

## **The 6 Ways Your Resistance Shows Up**

In my work with myself and hundreds of students and clients over the last 16 years, I've found 6 distinct categories of resistance and we all seem to have all 6 of them in varying amounts and at various times.

### **1. Yur Physical Body**

When your resistance is operating in this area, you may experience symptoms that arrive just when it's time to take action. For example, all day at work you think about getting home and researching your exciting new business idea, but when you finally do get home you always have a headache.

Another big way that our resistance uses our physical body for its own agenda is by affecting

### *15 Minutes a Day to Outsmarting Your Resistance*

our energy level. Sometimes, just as we get all prepared to take a step, down drops our energy and we find ourselves lying on the couch “exhausted” or so it seems. This is one more way our resistance is trying to get its warning through to us by making sure we’re too tired to move toward anything “dangerous”.

## **2. Your Thoughts**

This is one of the first lines of defence for our resistance and sabotage. Often, when a part of us has decided that it’s risky for us to move forward, it will try to talk us out of it first in our thoughts.

It will use logic, doubt and “remember when” stories from our life and the lives of others. It may also run obsessive “what if” scenarios over and over in our mind or imagine all kinds of possible negative outcomes. It might also make a mental list of all the obstacles to our plan.

While there may be truth in many of these thought patterns, it’s crucial that we see them for what they are! They’re the tools of our safety brain.

And once we’ve realized this, we can observe our thought patterns as an important source of information about the message our resistance is trying to communicate and what it’s really afraid of.

### **3. Your Emotions**

I must say that, for me, this has been one of the most powerful methods my own resistance has used. In this arena, our safety brain is trying to warn us of the danger of our actions by using our emotions as warning flags.

Literally any emotion can be used as an obstacle, distraction or diversion to move us off course, even seemingly positive ones.

You might be in the middle of a project and suddenly find yourself getting all excited about a NEW project and next thing you know you've forgotten all about the first project!

And we wouldn't think that excitement would be a resistance strategy, would we? Ah...but that's exactly why it works! We don't ever question the "positive" patterns.

And "negative" emotional states can also serve as powerful deterrents. Emotions like fear, sadness, anxiety, anger, terror, and grief are classic ways for our resistance to stop us.

And just to be clear...there really are no "positive" or "negative" emotions. They're like different colours on our emotional colour wheel and they each serve an important purpose. So we can honour them a source of good information and be willing to receive their messages.

## **4. Your Behaviours**

This area is a bit of a tricky one. Most of us will first notice a resistance pattern through our behaviour, but if we dig a little deeper we usually find that our behaviour is actually a response to a physical, mental or emotional trigger, as we were describing in our first three categories above.

A behaviour is an action in our lives, such as eating, watching television, talking on the phone, pacing up and down, sleeping in, staying up late, etc. And most of us have a few behaviour patterns that we fall into over and over again. (Most addictions fall into this category, too.)

And most of us can name a couple of our patterns without even thinking about it. We KNOW which of our behaviours aren't really helping us, don't we? And the invitation with these obvious patterns is to dig into them a little more deeply and see if we can find out what triggers them.

But other patterns are not so obvious and it may take time and real observation and questioning to spot them. The time spent is well worth it!

## **5. Your Outer World**

This is where it LOOKS like all the obstacles are coming from outside you and not inside you. It's easy to say that your thoughts and emotions are coming from YOU...but when your printer breaks or your kids act up or your car dies or your Mom gets on your case you want to point to something and say "It's out there!"

But the crazy thing is, no matter what seems to be coming from "out there" we're ultimately the ones who let that stuff get in the way. It's very, very empowering to own our role in this dynamic, because the only thing we can ever change is our own response to whatever's coming at us.

This is also the area where the 2 most common reasons for not moving forward live...not enough time and not enough money. These 2 patterns alone have killed probably half of all dreams on earth. (I don't have any stats on this - I'm just guessing.)

And when any of these outer reasons show up the question we need to ask ourselves is "Why are we putting up with them?" We can choose to make more money somehow if we're really willing; we can carve out a little time after the kids go to bed if we want it bad enough; we can stand up to our Mom if it's really important to us.

So the best thing to do with outer patterns is own them, and start a real dialogue from there.

## **6. Numbness or Apathy**

This is by far the trickiest and most subtle of all resistance strategies! Because when we're numb, we're not feeling our desire; we're not feeling any obstacles; we're not noticing any particular stress that we need to respond to; everything is fairly comfortable to our ego, but something has gone a little bit dead inside.

The easiest way to spot numbness is by what's NOT there. This is when we realize one day that we never feel happy or excited like we did last week or last month or last year.

Numbness can sometimes be a sign of depression or the beginning of it and depression can often be traced to something that we clamped down on in our life to block it, like a feeling, a calling, a dream, etc. In fact depression itself can sometimes serve as a major resistance strategy (but not always.)

The way I often spot numbness in myself is I look into my recent past and work back from there to find out the last time I felt alive, fulfilled, happy or joyful. And then I work forward in my memory to see if I can locate the moment when it all changed for me.

This category also includes the dreaded "I don't feel like it", which is almost always a smokescreen for fear.

## **Resistance Patterns Are Specific**

### **Your Brain Responds Differently to Different Kinds of Danger**

When you begin to look for your own resistance patterns you may notice that they apply to very specific situations, triggers and areas of your life.

For example, you only crash your diet with ice cream when your self-confidence is low or you only stay up late watching TV on days when you told yourself you would work on your business plan.

When you understand exactly what triggers each of your safety brain's responses you can start anticipating the pattern and learn to make a different choice when it starts.

And it's really important to remember to be kind and gentle with yourself when you begin looking into your resistance and self-sabotage strategies.

We only use these patterns because they WORK! They're serving us in important ways and we don't necessarily want to just get rid of them without understanding what they're really helping us with or protecting us from.

## **Awareness Outsmarts Resistance Every Time!**

If you want to outsmart your resistance and get on with taking action, the MOST important thing you can do is get to know your exact resistance pattern.

Since your safety brain is designed to shut off your awareness of what's happening, it's really hard to catch your resistance in the act.

The best way to see it at first is in hindsight, when you're not right in the middle of it.

That's why this process is designed to be a **review**. You can do it anytime in your day or add it to a practice you already doing.

If you take just a little time each day and look back at whether you completed what you wanted to, you'll start to see your patterns very quickly.

Once you see it, you may find yourself standing with the fridge door open saying "Oh, yeah, this is what I did yesterday when I was freaked out about my writing being no good."

THEN, you have the power to make a whole new choice!

If you're ready to dig in, print a copy of the **Worksheets, pages 27-35, & begin!**

## Inner Digestion & Becoming Your New Self

I believe that, as a part of our journey, we are each called to the unique work of transforming all that's between us and the deepest desires of our heart – and the word I've learned to use for that work is digestion.

When you eat an apple, the apple no longer exists – where did it go? There's one less apple in the world. But there are a million more fructose and cellulose molecules and a bunch of vitamins in your bloodstream now. In a very real way, you've just changed the world!

Let's look at an example of inner digestion. Let's say you're fasting from something, and you keep craving it. And every time you crave it, you remind yourself of why you're choosing not to indulge the craving and you manage to get yourself back into love and meaning and continue your fast. And at some point, the craving impulse stops.

Where did it go? Did you send it to your neighbour? No. You “digested” your craving and transformed it, bit by bit, into love and willingness, something usable that's actually good inner food and real fuel for your path and your soul.

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Here are some examples:

- Temptation is a chance to digest our lower wants and create more devotion (the heart's version of discipline.)
- Uncertainty allows us to digest our doubt and create more faith
- Mindfulness allows us to digest our distraction and create more awareness

**So, for each thing you face in yourself and digest, in a very real way, you've just changed the entire world.** There is now that much less of whatever you ate - the doubt, the pride, etc - and that much more of whatever you turned it into, joy, peace, faith.

And I believe that this is the real point of digestion. For each thing you transform, the whole world AND you are tangibly changed for the better.

No act of digestion is ever wasted, no matter how small. Facing even one moment of temptation and transforming it is significant and each transformation makes the next one more likely. That's why every act of digestion is an act of love, on some level, because it always takes us one step closer to the call of the heart within us and to knowing who we really are.

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## The Resistance Busting Practices

### Use These Practices to Create Space, Calm and Focus

These are 4 of my favourite ways to deal with attacks of fear, anxiety, doubt and almost any other uncomfortable thought or emotion when they crop up...and they DO crop up!

If you'd like to experience all 4 on a guided audio with me, just click below:

**[From Resistance to Caring, the 4 Resistance Busters](#)**

Try them out and see which one becomes your favourite!

## **Resistance Buster #1**

### **10 Conscious Breaths**

This one is great for creating calmness and a feeling of space and it's also great for reducing overwhelm.

**All you do is watch your breath for 10 breaths. If you lose count, guess or start over.**

That's it!

It takes a little longer than our active mind wants to stay focused for and that's exactly why it works.

It might seem like a long time, but it's really just a couple of minutes. Try it!

## **Resistance Buster #2**

### **A Part of Me...**

This seems really simple but it's actually **my super secret weapon**. When you master this, you'll be able to connect instantly with the part of you that ISN'T feeling the fear, anxiety, doubt, etc.

**Whatever you're thinking or feeling, simply say:**

**A part of me is \_\_\_\_\_.**

Just fill in the blank by naming the thought, emotion or state. That's it!

So, for example, instead of saying "I'm scared", you'll say "A part of me is scared." And then you'll realize that a part of you ISN'T scared and you can identify with that part of you while you reassure the scared part.

**Make this your normal way of referring to your thoughts and feelings and you'll be a long way towards having power over them instead of them having power over you!**

## Resistance Buster #3

### The Compassionate Witness

We each have the ability to cultivate an inner witness or observer inside ourselves.

When we do this, we're able to step back from what's going on inside us and bring a much greater awareness to it, without identifying ourselves with any one side or emotion or judgement that's present.

And far from being an uncaring observer, **this inner witness can bring enormous caring and compassion to the parts of us that are struggling, hurt or afraid.** In the light of this compassion, parts of ourselves that have been hidden begin to surface and these parts of us that have been carrying pain begin to heal.

This is the **single most powerful process I've ever learned** for supporting myself, and others, to grow and evolve and bring forth all of who we really are.

There are many ways and traditions for accessing and strengthening this compassionate presence within. I can only tell you about how I first began to access this for myself.

## **Resistance Buster #3 (cont'd)**

When I first began, I started by identifying what I was noticing inside by saying “A part of me is \_\_\_\_\_.” and filling in the blank with whatever I was experiencing.

Next, I began an inner dialogue with that part of me by first expressing my caring and my presence. I would often start by saying “It’s OK. I’m here.” And then follow with something like, “I’m sorry you’re scared” or whatever it was feeling.

I would take time to just sit and breathe with that part of me, feeling my caring for it and imagine it as though it was a small child who was hurt and had come to me for help. My aim is to comfort and console it.

This technique can take a little time to master, but it’s SO worth it! **The better you get at consoling the parts of you that are freaking out, the less those parts are going to get in the way of the actions you want to take. And you get to be back in the driver’s seat again!**

You can print out the [Welcoming Resistance Guide](#) on page 41 and follow along or listen to the guided audio, which you’ll find on the [download page](#).

## **Resistance Buster #4**

### **Taking and Sending Practice (Tonglen)**

This is a very simple version of the Buddhist practice of Tonglen.

This way of breathing is not only about transmuting our own emotional states, but about feeling our kinship with all those who are experiencing the same thing and moving into compassion for all of us together. The essence of this practice is this:

**When we notice that we're in a state we would like to transform, we breathe in the fear, doubt, anxiety or whatever it is on behalf of ourselves and others who are experiencing it too.**

**Then we imagine that, inside us, the energy of that experience is turned into something positive and we breathe that out to all beings that might have need of it.**

So we might breathe in fear and breathe out peace or breathe in anger and breathe out understanding.

Try this for 3-10 breaths or more and see how different you feel AND how connected you feel to the world in your heart!

# Resistance Tracking, Awareness Building Worksheets

## Step One - What's the Action?

Write down the thing you want to do that you've been resisting (or the most recent action you decided on).

Write down just the very next step you want(ed) to take toward the end goal that you're trying to achieve. Make it something you can/could easily do within 24 hours.

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## Step Two - Choosing It

We can't ever really MAKE ourselves do what we just don't want to do. Check to see if the action you want to take has any of these reasons behind it:

- I feel like I SHOULD want this, but I'm not really sure if I do.
- This seems like a good idea but I NEVER feel good or excited about it. (We all feel blah sometimes, but if you've NEVER felt good about doing this, it could be time to ask if it's the right thing.)
- Someone else is putting pressure on me to do this, so I might really be doing it for them, (OR I might actually WANT to do it if they would just stop pushing me.)
- If I take a realistic look at my time and priorities now, there just isn't enough room for doing this. (That's OK. You can make it your first priority to make room for it, if it's really important to you!)

## Step Three – Finding Your Why

If you're really doing this because you want to, the next question is **WHY?**

Answer these 2 questions about your stated action:

(Use the back of the page if you need more space.)

**1) Why do you want to do this?**

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**2) What does completing this really mean to you?**

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## Step Four – Do You Have What You Need to Take Action?

This is the section that will show you whether you're really in resistance or just missing a **critical element for success.**

And if it IS resistance, you'll find out exactly what kind and how it's getting the best of you.

Take some time to really reflect on your day and identify what worked and didn't work to allow you to take your chosen action or not.

If this is your very first time doing the worksheets, you won't have an action from yesterday to check in with, so just review your resistance patterns in general to get insights about what's been getting in your way.

**1) Did you do the action you chose?** \_\_\_\_\_

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**2) If you did, what factors led to your success in completing it?**

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**3) If you didn't complete your action, go through the items below to find out what got in your way:**

(Remember to be gentle and compassionate here!)

**a. Did you remember your chosen action or did you forget?**

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(Don't worry, we'll create reminders later.)

**b. Was there realistically enough time in your day for you to complete your action or at least a part of it? (Be really honest but gentle with this one.)**

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**c. If there WAS enough time, but you still didn't do it, what activities did you do during the times when you might have been taking your chosen action? (Be VERY gentle here!)**

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Knowing which activities you were doing **INSTEAD** is an exciting discovery! Remember these when you get to the Unique Resistance Patterns later.

**d. Did you have all the necessary tools and information you needed in order to take action?**

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**If not, which ones were missing?**

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**e. If your action involved an expense, did you have the money you needed to make the purchase?**

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## **Take Action to Get What You Need**

If you've discovered that a necessary factor was missing, congratulations! You're one step closer to having what you need to move forward.

**Whatever it is you need, choose one or more next action steps that will help you get those things in order to go ahead with the chosen action you wrote down earlier.**

**You can pick one of these actions to work on tomorrow!**

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## Step Five – Finding Your Unique Resistance Pattern

**Check the 6 Types of Resistance Below to See Which Ones Were Showing Up for You**

### 1) Physical

Did you have any physical symptoms or limitations? How was your energy level? Did it change when it was time to take action? Write them down no matter what you think “caused them”.

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### 2) Thoughts

Write a list of the judgements, doubts or other thoughts that were keeping you from taking action in the past 24 hrs (not ‘ever’ – it would take you a while to write all those down!). Use the back if you need more space and don’t let them scare you – they don’t have any real power!

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## Notice Any Patterns?

When You Can See the Pattern, You Can Break the Pattern!

Make notes here on any patterns, habits or just things that make you go “HmMMM”.

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## Step Six – Setting Up For Success

**Crafting Your Plan for Tomorrow**  
**MWA HA HA HA...**

Now you’re going to create a plan that addresses the things that got in your way so that you’ll have all the essential ingredients to take your next action and feel great about it.

**Write your chosen action for today or tomorrow here:**

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**1) Do you need a reminder? How will you remind yourself about your action?**

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**2) How will you create the time you need to take your action?**

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**3) Is there an optional activity, like watching TV, playing computer games, etc, that you want to interrupt and use the time for your action instead? Which one(s)?**

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**How will you interrupt yourself and create a reminder to go do your action? (Like putting a sticky note on your TV remote control.)**

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**4) How will you calm, motivate and encourage yourself if you're experiencing fear, doubt, anxiety or any other "symptoms"?**

(HINT: You might want to check out the Resistance Busters on page 20 of the E-book to help you address these.)

**5) How will you set boundaries and deal with any outside people, events and possible distractions that might try to keep you from your chosen action?**

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## Two-Page Cheat-Sheet

1. Write down the action you've been resisting or the most recent one that you identified and planned to do.

2. Look at the reasons in Step Two of the Daily Worksheets and see if any of them apply to what you're seeking to do.

3. Why do you want to take this action?

4. What does completing it mean to you?

5. Did you do the action you chose?

6 If so, what made you successful in doing it?

7. If you didn't complete it, answer the following questions:

- Did you remember your action during the day?
- Did you have enough time in your day to do it?

- If you had enough time and still didn't do it, what activities were you doing during the times when you might have completed your action?
- Did you have all the necessary tools and info you needed? If not which ones were missing?
- Did your action involve an expense? And did you have the money you needed for it?

8. Make a list of any essential elements that were missing and that you need before you can do your chosen action. Create an action step for tomorrow that will get you one of these missing elements.

9. Make a list of the ways that your resistance showed up in these 6 categories. This is the **MOST** important part of the tracking process! (You can see pages 11 – 16 for examples.)

Physical Body, Thoughts, Emotions, Behaviours, Outer World, Numbness/Apathy

10. Write down any patterns you've noticed in tracking your resistance so far.

11. Write down the action you want to take next to move you towards your goal - something you can do within 24 hrs.

12. Will you need a reminder? How will you remind yourself?

13. How will you make sure there's time in your day for this?

14. Is there an activity you'd like to interrupt? How will you remind yourself to stop that activity and do your action?

15. How will you calm, motivate and encourage yourself if you're experiencing fear, doubt, anxiety or any other "symptoms" of resistance? (See pages 20-24 of the e-book for Resistance Busters.)

16. How will you set boundaries or prevent any people or distractions from getting in the way of your chosen action?

17. How will you inspire yourself? What will you need to remember? What do you really care about that's more important than your fear?

**Congratulations! You're getting smarter & more aware every day!**

## Ready For Action

### **Action Builds Muscle**

Now that you have a WAY better idea of what you need and a lot more information about the things that might get in your way, you're ready for a different kind of day.

If it's helpful, keep your most recent copy of the worksheets somewhere handy, like your desk or kitchen table, so you can refer to them and re-inspire and motivate yourself to take action today (or tomorrow).

**With every action you take, you increase your ability to take action next time and it doesn't take long for that to add up!**

Pretty soon you'll be a resistance-busting action machine!

And remember to enjoy the journey and build in rewards and celebrations along the way. It's supposed to feel fulfilling, remember? Not like some kind of forced march.

And if you want to email me that you did your action, I'd LOVE to hear about it!! Send it to: [susan@theheartvoice.com](mailto:susan@theheartvoice.com)

## What To Do if Action Isn't Happening

### **How to Use the Welcoming Resistance Practice (page 41)**

This is a do-it-yourself version of the very process that I use on the phone with my clients when they're coming up against a buried fear or emotion or some other unknown block that's getting in the way of their actions.

It's really a training process that will teach you, over time, how to be deeply present with your resistance.

It's this ability to **stay present** that will allow you to uncover the hidden reasons behind your resistance and the wise message it's been trying to deliver. The more you practice it, the deeper you'll be able to go with it.

However, even I reach my limits sometimes.

If you're finding it really challenging to stay present with something or your resistance is so strong that you're resisting even the worksheet, that's when a session might be in order.

**See page 50 for instructions on how to get a short FREE phone session with me.**

## Welcoming Resistance Practice

**This is a process you can use when you've tried to take the same action 2 or more times and you haven't succeeded or you notice that you're experiencing a lot of stress or feelings around it.**

**You can do this instead of your regular 15 Minute time with the worksheets or you can use this script anytime during your day whether the stress or resistance is present or not.**

1. Name the action or area of focus that seems to be bringing up the stress.
2. Notice what you're feeling, thinking and/or sensing and let that be OK.
3. Name each one by saying "A part of me is \_\_\_\_\_" and fill in the blank.
4. Notice the part of you that's aware of all these things but just observing them and naming them.
5. Feel that observer as "me" and breathe into that identity. (I sometimes imagine myself getting larger than all the things I'm noticing as I'm breathing, kind of like Alice in Wonderland.)

## Welcoming Resistance Practice (con't)

6. Feel your compassion and your desire to help and console the parts of you that are feeling these things.
7. Speak to them to reassure and console them. For example, I like to start with “It’s OK, I’m here. You’re alright.”
8. Take 10 conscious breaths and just notice what you notice. If you get distracted, just come back to your breath. Let everything present be OK. Just let it be there with no need to fix it or make it go away.
9. If you want to, ask any part of you a question about what it’s feeling, thinking or experiencing. Just breathe until you notice something. Anything that comes to you is a part of the answer. It could be a thought, words, pictures or a feeling or physical sensation. Welcome it and say thank you when you receive it.
10. Explore and dialogue with these parts of you and what they’re feeling for as long as you wish. Complete with 5 conscious breaths and smile and relax with each exhale. Make some notes when you’re complete if you like.

## After the Worksheets...Then What?

### **Mining the Insights, Catching the Patterns**

So you've done a set of worksheets now. That's great!

A lot of people think the process now is all about whether or not you do your next action and measuring how often you do and don't follow through on it.

### **But measuring isn't the point!**

Whether you take the next action or not, somewhere along the way to this goal or dream, you'll hit your next piece of resistance - maybe tomorrow or maybe 2 weeks or months from now.

That's when you're going to get way more information about your patterns and how to change them. Especially by tracking the 6 kinds of resistance and exactly how they show up for you.

That's why I created the [Weekly Pattern Revealing Worksheet](#). You can do it once you've done the Daily ones several times.

*15 Minutes a Day to Outsmarting Your Resistance*

You'll start to see the same thoughts, emotions, etc coming up again and again and **you can start to work with your most common blocks to reduce their effects on your progress.**

And once you can recognize them, you can catch yourself in the middle of them. And **then you have the chance to make a whole new choice and that's the beginning of real change!**

**You'll find the Pattern Revealing Worksheets on the next page!**

## **Weekly Pattern Revealing Worksheet**

**Use this after you've done several days worth of daily worksheets on the same action or with actions in the same goal or project.**

Below is a table with a section for each of the 6 types of resistance you've been tracking.

- 1) Go through your daily worksheets, day by day, and copy what you noticed in each category into the boxes below, in any order you want.**
- 2) If you get to an item that you've already written down and you have it written again on the next day,, just put a tick or check in the Repeat column beside the first time you wrote it.**
- 3) Start to notice which thoughts or emotions, etc. are coming up over and over again. You might want to reflect on them so you can begin catching yourself in the act and making new choices in those moments.**

**List the action or project you've been tracking here:**

---

*15 Minutes a Day to Outsmarting Your Resistance*

Resistance	What You've Noticed	Repeat
Physical		
Thoughts		
Emotions		

*15 Minutes a Day to Outsmarting Your Resistance*

Behaviours		
Outer World		
Numbness Apathy		

## Additional Support

### What if You've Tried This and You're STILL Stuck?

If you've been working with this process and finding yourself at an impasse or up against some stubborn resistance that just won't budge, **you can call me.**

We'll spend up to 20 minutes on the phone together to see if we can pinpoint your stuck place and get you moving again.

I can often give you a couple of suggestions that will make your process easier and more enjoyable and have you back in the saddle in no time!

**Just send your request to me at: [susan@theheartvoice.com](mailto:susan@theheartvoice.com)** and put "15 Minutes a Day Support" in your subject.

I'll get right back to you to schedule our chat!

# About the Author

Susan Johnstone has been coaching and teaching seminars since 1993 and has worked with hundreds of clients and students on a wide range of issues.

She creates transformation wherever your desires meet obstacles and she specializes in procrastination, self-sabotage and resistance of all kinds.



For help making faster, deeper, gentler, sweeter progress on your most important goals and for articles, audios, and a FREE E-Course called “Keep Saying Yes”, head over to <http://www.theheartvoice.com>.