



NAVIGATING RESISTANCE — Turn Friction into Forward Motion

Article 5: Recognize resistance as feedback, and move gently toward what's next

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1) Name It — Identify the Resistance

- What task, idea, or step have you been avoiding or procrastinating?

- Where do you feel hesitation, fear, or tension in your body or thoughts?

- What does this resistance look like in your day-to-day behavior?

2) Trace It — Understand the Root

- What stories or beliefs are connected to this resistance?

- Have you faced a similar kind of resistance in the past?

- What is the deeper fear or identity being challenged?

3) Move with It — Choose One Tiny Step

- What is one *gentle*, specific action you could take right now?

- What's the smallest version of that action you could do today?

- Who or what could support you in doing it with care and compassion?
