



### Day THREE

#### RESISTANCE

Much like in the same format as yesterday, I'd love to do some digging, journal work and exploring stories that connect from your heart to your those you have a deep desire to serve.

Resistance can be as subtle and cunning as:

Oh, Hi 'STUCK'. How's it going today?

OR

As agonizingly frustrating as:

WTH am I doing wrong? I keep trying. Nothing is changing. I can't seem to win no matter what I do.

BOTH side effects of resistance playing its hand.

Both incredibly destructive, physically, mentally, emotionally, spiritually and financially.

Should resisting go on for long, extended periods of time....

YOUR fate may be an empty, mindless, wandering, exhausted, sick, broken, poor, defeated soul.

The LONG term effects of this kind of emotional turmoil are dramatic and severely hard to change, the longer they continue. Which is why it is so important to recognize when we are resisting and why.

Can you reflect back over your timeline of life and see periods/moments/situations that you resisted changing? Are there times when you felt you were swimming against the tides? Chances are in these moments/stories you were resisting - CHANGE Whether it was a small habit you wanted to break. A new routine you thought you wanted to start. A career that no longer held satisfaction but you didn't know what to do next. A relationship that no longer felt right. A nagging in your soul, screaming for something more - but what is that MORE? A book begging to be written. A friendship needing resolve. All moments of resisting what you KNOW deep down in the heart of you.

Looking back over moments when you resisted it's important to feel into the words, emotions, stories and space.

That space is more often than not a similar space that your ideal clients are in right now at this moment. By pulling up these memories, we are empathetic, understanding and gentle as to what they are going through and those words, stories, moments can all be written, recorded, painted, colored, videoed in a way that allows your perfect clients to see that you've been there too and that you have a deep KNOWING for what it takes to get to the other side with LESS pain and quicker than they can do it on their own.

Let's jog our brains. Stories, moments, spaces of resistance.

Journal out any moments of when you felt resistance and how it felt. Use all the words that pour of your soul. Create threads between then and now.

Taking a story that has meaning & feeling to you, craft a message from the core of your heart, to your ideal clients that help them feel who you are, see that you've been there and that you understand what it takes to get to the other side.

Again....

It can be any form of medium that you choose. This isn't a video/audio/live stream course. It's about reaching deep into your heart and finding the most powerful voice you have, crafting messages that speak to the hearts of your tribe and strongly, lovingly spreading your mission far and wide.....

Emotions

Stories

Validation

These are ingredients that have incredible POWER behind them.

When you can tell a story, that validates a person's feelings, with such emotion that they cry, holler, jump for joy, swear their head off, sob for days, dance on tables.....

YOU'VE CONNECTED.

Let's get connecting!

Let's spread the goodness!!