

Resistance Breaking Checklist

Name: _____ Week of: _____

“Resistance is loudest right before the breakthrough.” — Unstoppable April Nicole

Step 1: Identify the Resistance

- ☐ I feel stuck or hesitant when I think about _____
- ☐ I’ve been “too busy” to start
- ☐ I’m waiting for the *perfect timing*
- ☐ I keep researching instead of doing
- ☐ I say “I’m not ready” or “I don’t know enough”
- ☐ I’m comparing myself to others
- ☐ I fear failure — or success
- ☐ I’ve avoided talking about my goals
- ☐ My inner critic keeps repeating the same doubts

Step 2: Break the Pattern

- ☐ I wrote down what I’m resisting most
- ☐ I identified *why* I’m resisting it (fear, comfort, control, doubt, etc.)
- ☐ I chose one small action I can take today
- ☐ I took that action — even if it was uncomfortable
- ☐ I celebrated the effort, not the outcome
- ☐ I reframed fear as energy instead of danger
- ☐ I shared my step with someone I trust or my accountability partner
- ☐ I reminded myself: “Clarity comes from movement, not waiting.”

Step 3: Build Momentum

- ☐ I tracked one brave thing I did each day this week
- ☐ I noticed what felt lighter afterward
- ☐ I wrote one lesson I learned from resistance
- ☐ I scheduled my next courageous step
- ☐ I affirmed: “I’m capable of more than my comfort zone.”

✨ **Reflection**

My biggest act of courage this week was: _____

The resistance I broke through: _____

How I'll keep the momentum going: _____
