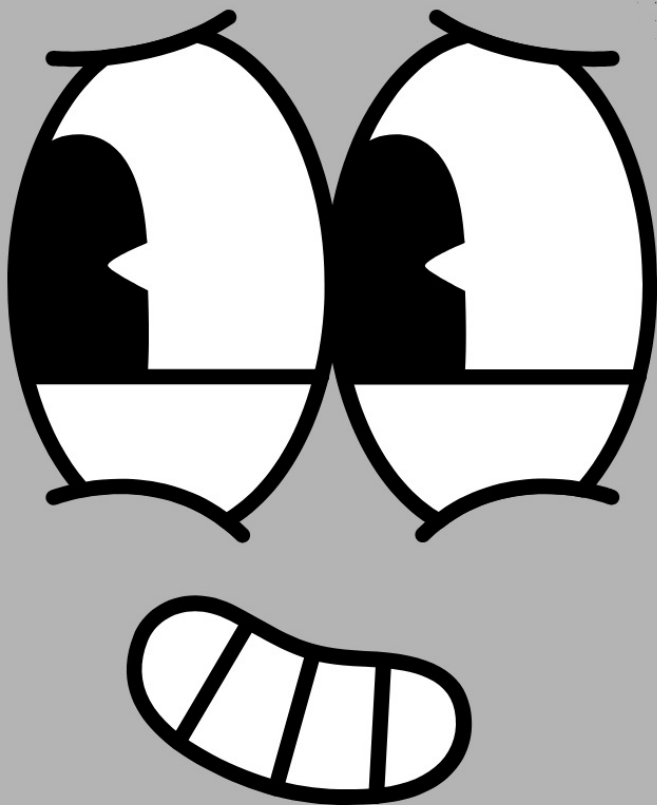


"THE RESISTANCE"



AN
UNSTOPPABLE

JOURNAL

RESISTANCE IS A NATURAL PART OF EVERY HERO'S JOURNEY. FEAR, DOUBT, AND HESITATION SHOW UP EVEN WHEN YOU KNOW DEEP DOWN THAT CHANGE IS NEEDED. THIS JOURNAL IS YOUR SAFE SPACE TO FACE THOSE FEELINGS, EXPLORE WHAT'S HOLDING YOU BACK, AND TAKE SMALL STEPS FORWARD.

DATE: / /

SECTION 1: NAMING YOUR RESISTANCE

TAKE A MOMENT TO BE HONEST WITH YOURSELF. WRITE FREELY.

WHAT FEARS ARE SHOWING UP TODAY?

WHERE DO YOU FEEL HESITATION OR PROCRASTINATION?

ARE THERE RECURRING THOUGHTS OR BELIEFS KEEPING YOU STUCK?

"ACKNOWLEDGING FEAR IS THE FIRST ACT OF COURAGE."

DATE: / /

SECTION 2: EXPLORING THE SOURCE

DIG DEEPER INTO WHERE THIS RESISTANCE COMES FROM.

WHEN DID THIS FEAR OR DOUBT FIRST APPEAR IN YOUR LIFE?

ARE THERE PAST EXPERIENCES THAT FEED YOUR RESISTANCE?

HOW HAS RESISTANCE SERVED YOU IN THE PAST (SAFETY, COMFORT, AVOIDANCE)?

"UNDERSTANDING THE 'WHY' BEHIND RESISTANCE GIVES YOU THE POWER TO MOVE FORWARD."

DATE: / /

SECTION 3: REFRAMING YOUR FEAR

SHIFT YOUR PERSPECTIVE TO SEE COURAGE AND POSSIBILITY.

WHAT WOULD COURAGE LOOK LIKE IN THIS SITUATION?

WHAT WOULD HAPPEN IF YOU ACTED DESPITE FEAR?

CAN YOU FIND EVIDENCE FROM YOUR PAST THAT YOU CAN HANDLE SCARY OR UNCOMFORTABLE MOMENTS?

"FEAR IS A SIGNAL THAT SOMETHING MEANINGFUL IS WAITING ON THE OTHER SIDE."

DATE: / /

SECTION 4: TINY STEPS FORWARD

CHOOSE ONE SMALL, MANAGEABLE STEP YOU CAN TAKE TODAY.

WHAT IS ONE ACTION YOU CAN TAKE, EVEN IF IT FEELS SCARY?

WHAT IS THE SMALLEST FIRST STEP TOWARD THE CHANGE YOU WANT?

HOW CAN YOU CELEBRATE YOURSELF FOR TAKING ACTION, NO MATTER HOW SMALL?

"TINY STEPS BUILD MOMENTUM. EVERY ACTION COUNTS."



DATE: / /

SECTION 5: REFLECTION

REFLECT ON YOUR PROGRESS AND GROWTH.

HOW DID YOU FEEL BEFORE AND AFTER TAKING ACTION?

WHAT DID YOU LEARN ABOUT YOURSELF?

HOW CAN YOU USE THIS INSIGHT FOR THE NEXT STEP?

"EACH REFLECTION BRINGS CLARITY AND STRENGTHENS YOUR COURAGE FOR WHAT'S NEXT."

EXTRA TIPS / NOTES

- ADD STICKY NOTES OR EXTRA SPACE FOR DOODLES, THOUGHTS, OR QUOTES THAT INSPIRE YOU.
- USE DIFFERENT COLORED PENS TO HIGHLIGHT FEARS, INSIGHTS, AND ACTIONS.
- REVISIT THIS JOURNAL REGULARLY—RESISTANCE IS ONGOING, AND COURAGE GROWS WITH PRACTICE.

“

**YOU BECOME THE HERO OF
YOUR STORY THE MOMENT YOU
STOP WAITING TO BE SAVED.**

- APRIL NICOLE

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Unstoppable April Nicole