

FUN-Damental #7: Make Resistance Non-Existent

The “Resistance Blaster” Framework

Step 1: Choose **ONE THING** you have a desire to create but feel resistance, fear, or “stuckness” around

Step 2: Discover your *Competing Commitment** by writing down the WORST possible outcome for being successful at implementing what you wrote in Step 1

(remember the example of my client who believed the WORST outcome to him focusing on his health would be the decline of his business)

Step 3: Reimagine and rewrite the *Competing Commitment* you uncovered in Step 2 in a way that SUPPORTS what you want to create from Step 1

This can be FUN! If it feels a bit heavy, go back and revisit some of your other PP Tools before you dive in!

Remember, the more RELAXED you are with this, the more CREATIVE and PLAY-FULL you will be AND the more EFFORTLESSLY you will be able to move forward!

*Based on the work of Robert Kegan and remixed, GAME-ified and PP-ized by JG

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Step 1: I am committed to...

Eg. I am committed to launching my website to sell my coaching services

Step 2: But I am ALSO committed to not...

Eg. But I am ALSO committed to not getting rejected by potential clients

(This answer represents the WORST case scenario if you were successful in implementing what you wrote in Step 1. See example in video or below.)

Step 3: _____ is actually
Step 1 Answer

the PERFECT way for me to _____
OPPOSITE of Step 2 Answer

because it will allow me to:

(1) _____

(2) _____

(3) _____

Eg. Launching my website to sell my coaching services, is the perfect way for me to be ACCEPTED by potential clients because it will allow me to (1) test my message and see what resonates with people (2) practice detachment from outcomes, and (3) set an example for my clients for what it looks like to take imperfect action.