



## Resistance

By Rhonda Sawchuk

*That destructive force inside all of us. Resistance is the most toxic force on the planet. It is the cause of tremendous unhappiness. It strikes most when we have a goal where the end result will provide favorable results for yourself and others.*

*What is it about human nature that resists in doing something when we know the results will bring us better health, improved relationships and financial gains?*

*Part of our human nature is to avoid unpleasant feelings, we want to be comfortable, stay with what feels familiar. Challenges will present themselves by pursuing a long-term goal, there will be feelings of discomfort, this is where the unfocused often get frustrated and quit.*

*Did you know that studies have shown that those who set a New Year's Resolution to go the gym quit before Jan 17<sup>th</sup>?*

*Unlike the consequences we face in breaking commitment with others, such as the possibility of getting fired or disappointing our spouse or children, we feel like breaking a commitment to ourselves has no repercussions. This is the farthest thing from the truth, it has a major impact on our psychological being. It can lead to overwhelming feelings of guilt, shame and anger.*

*Some of my past experiences would tell us that these types of feelings will end up in the self-sabotage drawer of instant gratification, drugs, alcohol, spending, too much TV, gambling. All leaving you feeling empty and hollow until the next one.*

*Learning how to recognize these thoughts, feelings and negative actions are crucial. The faster we can identify the patterns, the faster we can kick them to the curb.*

**People underappreciate the number of successes no matter how small compared to failures.**

**Research has proven that if you continue to acknowledge your past successes, it will improve your confidence.**

**Writing down a goal at least once increases it by 70%**

**Use an accountability partner, preferably not a spouse as this can spark arguments. I highly recommend professional coaches (mental or physical).**

**Start small and increase in weekly increments.**

*Do you want to know the man against whom you have the most reason to guard yourself? Your looking-glass will give you a very fair likeness of his face*

*~Whately*