

By
John Kenny
John Kenny Coaching

Demotivation

Resistance

We have briefly looked at resistance if you have completed the change cycle exercise. Resistance comes in when our brain is uncomfortable in doing things we are not used to. It could be going against your beliefs or normality, taking you out of your window of comfort.

Here we look at what you are putting off why and thinking about how to change this.

Exercise:

What are changes that you avoid making even if you know that they can transform your life?

What areas in your life do you feel that there is clutter and disorganisation?

What steps are you going to take to shift the clutter and disorganisation?

What areas in your life do you avoid conflicts when you could be taking a stand?

What are specific things that you may fear or resist letting go of that create unnecessary work or when do you take on responsibilities that aren't yours to take on?

What strategy could you use to release unnecessary and demotivational factors?

Are there specific people in your life that have behaviours that demotivate you?

What can you do to limit the exposure to their influence or shift the way you react to/see their behaviour?

