

Relinquish Resistance *and get your stuff done already*

Relinquish - give up, abandon - throw far far away not to be picked back up again.

Resistance - a blocking or opposing view, attitude, belief, or action: an attempt to prevent something from happening - *knowingly or unknowingly*.

Reckon - account for your *specific* thoughts, feelings, beliefs, and actions.

In order to truly relinquish your struggle - *your old way of operating* - you have to first do an inventory to know what you're choosing to abandon. In other words, you need to reckon with what's there - helpful and not.

This template is aimed at doing just that.

There is a reason you struggle with *that person, that whole team, that situation* - what is it?

7 Steps to Discover Your Resistance & Relinquish IT

1. Define *IT* -

2. Feel *IT* -



3. Curiously Question *IT* -

4. Connect *IT* -

5. Update *IT* -

6. Live *IT* -

7. Celebrate *IT* -

If you found any part of this process challenging...

And you'd like to see how we can work together to create a framework that works best for you, contact us.