



BREAK THE RESISTANCE CYCLE

This sheet helps you identify and break the cycle of resistance.

- 1** Notice where resistance is loudest — is it the decision, the preparation, or the first step?
- 2** Identify one small physical action that breaks stillness — lace up shoes, open the document, step outside.
- 3** Trust that motion will reduce resistance — remind yourself the hardest part is the start, not the task.

MAKE IT YOURS

My one move this week: _____

When and where, exactly:

My witness (one person I told):

I showed up:

☐ MON
 ☐ TUE
 ☐ WED
 ☐ THU
 ☐ FRI
 ☐ SAT
 ☐ SUN

What I noticed this week:

Tasks get lighter once you're inside them.