



26 Tips to Get Unstuck and Overcome the Resistance to Doing That Thing You Want to Do

If you're having a hard time getting started on a project, trying a new activity, or fulfilling a dream, here are 26 tips to overcoming that resistance so you can do that thing you want to do.

1. Journal. Ask the question, "What is stopping me?" and then start writing. Write down everything. Don't edit, just write, and see what you learn.
2. Meditate on the question, "What do I need to move forward?" Practice a meditation technique to quiet your mind, then ask the question. Listen for the answer.
3. Take a baby step toward your desire. Read an article about it. Visit with someone else who does it. Go to an event or location where it takes place. Just take one step.
4. Schedule a time every week to explore your idea. It can be just a half-hour. Write down your thoughts and feelings, and listen for any creative urgings you get. Follow up on those.
5. Allow yourself to be a beginner, even if this is something you have done in the past, or know something about. Let go of the idea of perfection. Take your expectations of how you will perform and put them in the trashcan.

6. Get excited. Imagine yourself doing what you want to do and feeling happy. Have the full experience right in your own mind.
7. Ask yourself, “Why not me?” rather than, “Why me?” Why not you? If the desire is in your heart, there is something for you to do. Know that and trust it.
8. Get support. Find friends or family members who will offer emotional support for your endeavor, who will encourage you no matter what.
9. Celebrate every step you take. Give yourself a pat on the back, call one of those support people and tell them, take yourself out for a latte or ice cream.
10. Practice gratitude for the opportunity to experience your life in this expanded way. Say thank you out loud.
11. Take set backs in stride. You are learning, you are growing, you are trying something new. Set backs are temporary.
12. Get a coach, or a therapist if need be, to support you through any feelings of unworthiness or fear.
13. Take lessons in your area of interest. Sign up for a seminar. See if it’s for you.
14. Don’t be afraid to change your mind. If you don’t really want it, that’s okay, too. If you are truly drawn to this endeavor, it will stay with you.
15. Understand that you will feel doubt and fear. This does not mean you can’t do it, or aren’t supposed to do it. This is normal any time we start something new that is important to us. Just feel your feelings and do it anyway.
16. Examine your thoughts and beliefs. What do you tell yourself about doing this? What are your negative thoughts and beliefs? The what if’s? Write them down, look at them, and realize they are just thoughts and beliefs. They are usually something someone else told you before you had the chance to filter them.

17. Put your activity into a broader spiritual perspective. How will this serve your life, your family's life, the world? Will you feel more joy? Will you be bringing more joy into the lives of others? These are important things.

18. Let go of the outcome. The process of doing is what is important and meaningful. The outcome is the icing on the cake.

19. Don't listen to those who say you're too old, you can't do it, it's dumb, or whatever. Those are their fears, not your reality, even if you normally respect their opinion.

20. Look into the practical aspects of your endeavor. What do you need?

21. Let go of the idea that you have to be "the authority" to move forward. If you have something to share that will benefit others, they will want it. If you need to get additional information or training, that will become clear during the process.

22. Love yourself enough to express yourself, to know what you know, to step into your own power.

23. It's never too late. There are always avenues. Explore how you can get started. Go online, read the newspaper, ask friends.

24. You are free to do or not. There is no one stopping you. You can make the choice, and it doesn't mean the rest of your life will come to a standstill, or you'll have to make life-changing decisions right now or ever. That is only your fear talking.

25. Create a vision board by putting images of your endeavor on a piece of art board and looking at it every day.

26. Honor the desires of your heart. Stay true to your integrity. Follow your bliss.