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## Release Resistance and Accomplish your Goals

By Peter Murphy

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Do you ever feel like no matter how hard you try you just cannot seem to make significant progress? You learn some new skills and are excited about using them only you never seem to get around to applying what you learned. No matter what you do your life is like driving uphill with the handbrake on!

What you are experiencing is resistance, one of the biggest barriers to creating your life the way you want it to be. Resistance happens when all parts of you are not pulling together to get you what you want. Thankfully there is a way of releasing resistance so that you can move ahead with greater ease.

Two Steps to Release Resistance:

1 Notice that you are feeling stuck. And then let yourself feel that resistance in your body, allow it to be there without judging it or trying to get rid of it.

2 Ask yourself: would I rather stay stuck or would I rather be free of it? Ask yourself this question, notice your answer, and then ask the question again. Allow yourself five minutes to

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repeat this process or until you feel more relaxed, lighter and more at peace.

Then return to your activity with a greater sense of being able to do whatever it takes to get it done.

Peter Murphy is a published writer. He publishes a free weeklyzine full of practical tips for communicating at your best under pressure. All new subscribers receive a free e-book with powerful strategies for being at your best. To subscribe send a blank email to:

### **How to Achieve More by Dealing with Resistance**

**By Peter Murphy**

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Today I want to discuss the missing link in goal attainment...

Your personal success and achievement depends on your ability to act upon what you know. Yet this is where most people stumble.

It is easy to find out what to do. Simply ask the right people for advice, read the best books on the subject and attend the seminars that will fill in the missing details.

It is following through on what you know that makes the difference between the people who are achieving and everyone else.

Think about something you want to do...

You probably already know enough to get started. You will never have certainty you will succeed but you can have a good sense that with adequate preparation you will do well.

What is stopping you?

Resistance – that feeling of not being able to do what you want to do.

Resistance has many symptoms. You may feel tired, not able to concentrate or an inability to get started even when you have everything you need to begin.

Even if you know all there is to know about how to succeed and you have a plan and you know what to do – resistance can keep you from making any progress.

You need to let go of this resistance.

## Release Resistance and Accomplish your Goals

When you let go you still have goals and purpose in life only you get to enjoy the journey more. And you feel more relaxed and at peace.

When you let go you will think more clearly and you will find it easier to come up with solutions to tough challenges because your limiting emotions will not cloud your judgment. It is always easier to cope with setbacks when you feel at peace.

Make a point of releasing the resistance that is holding you back.

If you don't... success will elude you!

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at:

How to Achieve More by Dealing with Resistance

A PLAN IS A BEGINNING!

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Support and Resistance Basics

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