



Persistence Despite Resistance

Have you ever found yourself in this situation? You're all excited about finally committing to making a positive change in your life. You've set a goal, mapped out an action plan, and maybe have even gotten started in implementing the change. And then wham! Suddenly the people around you start to act funny or even blatantly start to sabotage your efforts. You're blindsided and are thinking to yourself "What just happened?" (or perhaps something more explicative, but I'm trying to write a PG rated newsletter here 😊)

First, let me reassure you that this is completely normal. You can expect resistance to you changing – sometimes from the very people who are closest to you. Seems weird right? You would think your closest family and friends would be happy for you and support you. But keep in mind that it's exactly because they are closest to you, that they have the most to gain or lose by you changing.

What you have to realize is that **their resistance to you changing has everything to do with them - their fears, insecurities, discomfort, etc. and NOTHING to do with you.**

Your actions are simply reflecting back to them issues that were already there. People's first reaction is often to lash out at someone else rather than look inward and own up to their own sh*t. They may be scared that by changing you'll outgrow them and won't need them anymore. Or perhaps your change will make their life less comfortable. Maybe you changing makes them feel badly about themselves because they haven't taken initiative in their own life.

So rather than take it personally and get upset, realize you each are free to have your own experience of the change. Now I'm not saying go ahead and act with complete disregard to someone else and be heartless. Having a conversation with the other person prior to making changes can go a long way in creating an environment of support and understanding, or at the very least, respect of differences. But in the end, you don't have to take responsibility for someone else's response. Period!

If making positive changes in your life causes ripples, **you may find yourself at a critical decision point.** Do you continue forging ahead? Or, do you stop or alter how you're changing? It comes down to valuing yourself, your wellness, and determining your priorities. Only you can make that decision – just be sure you make the decision after you've taken some time to reflect.

Questions to ask yourself might be:

On a scale of 1-10, how important is this change to me? Why?

What benefits would arise from making this change?

If I stopped now, what would be the costs of not changing? Am I willing to live with those costs?

How important is this relationship with the other person to me?

What fears, uncertainties or discomforts might my change be bringing up in the other person?

What would help the other person to come alongside me in this change? Do they need more information? Reassurance? Do they need to address their own issues?

Can I compromise with the other person without compromising respect for myself or my wellness?

It really comes down to determining your highest priorities and values and taking action to align with them.

Sometimes you may decide that you value the relationship over the change, because the change actually wasn't that important to you after all.

Sometimes you may proceed with change, but it might look different or take a different form than your original plan because you decided a compromise provided the best of both worlds.

The hardest part about this may be your realization that you have to let some people go from your life. Because if you didn't, you wouldn't be respecting yourself, your values, your wellness. The cost of sticking with the status quo would be too high. In this circumstance, know that by letting the relationship go, you are creating space for new people to come into your life that can support your continued growth and well-being.

Easy to say – hard to do, right? Trust me. I know this because I've been in this exact position! It's uncomfortable and can be agonizing. That's why it can be really helpful to have a neutral person help you identify what you really want and then hold the lens of reality up to you to reflect if you're living your truth. Someone who can support you when the going gets tough. To help you stay true to yourself and take action even when you experience a lot of resistance. To help you have the courage to forge ahead when you know change is what you really need, even if it means leaving some comforts or people behind.

Seek out that person or group of people! I personally have worked with coaches and counselors to help me transition into living boldly and it has been priceless. I'm happier, more at peace, and am attracting only those people and situations that support the vision I have for my life.

It's not just possible for me, with the right support and mind set, it's possible for you too!

Wishing you courage, strength, and wisdom as you continue to live boldly in 2016!

Shelly

P.S. If this newsletter struck a chord with you, I'd love to hear some feedback! And, if you discover you're in need of someone who can help you navigate living boldly, let me know. I'm currently scheduling complimentary consultations to help you determine your next steps. Feel free to contact me at shelly@wellfinity.com or 319.330.8382

P.P.S. For those of you who are yogis in the Iowa City area, stay tuned as I have some exciting new class possibilities opening up soon!

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!