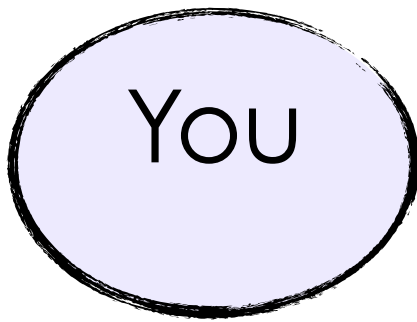


# The Payoff Worksheet

What is the pay off for allowing the resistance to maintain control?

What is the opportunity or potential future experience if you breakthrough the resistance?

Make a list and add to it throughout the course.



What does your higher  
self say to you?



What does your  
resistance say to you?  
(about your new habits,  
about the coaching  
program, about  
how you are?)

For More on working with Resistance, read [The War of Art by Steven Pressfield](#) (clickable link)