**Overcoming Creativity Blocks – Part 1**

Read: *The War of Art by Steven Pressfield*

It’s not the assignment that’s difficult, it’s sitting down to do the assignment.

*What keeps you from sitting down to do the assignment?*

It is what stands between the life we live and the unlived life within us.

*What do you dream you can become? What do you believe is your purpose/calling?*

*What is the difference between the life you are living and the life you envision yourself living?*

Everyone has genius within him/her. We shouldn’t wait for world-altering circumstances to experience it. We shouldn’t waste time on things that don’t matter.

*What are you doing with your time that is taking you away from discovering and using your genius or pursuing your dreams?*

When You Can Expect RESISTANCE:

1. You are pursuing a calling in writing, painting, film, dance, or any other creative art, at any level
2. You are trying to launch an entrepreneurial venture or enterprise, for profit or otherwise
3. You are trying to diet or get healthier
4. You are trying to develop yourself spiritually
5. You are trying to exercise more
6. You are trying a program to overcome a bad habit or addiction
7. You are trying to get educated
8. You are trying to change something for the better
9. You are trying to help others

10) You are trying to make wise decisions in relationships

11) You are trying to take a stand on something amidst adversity

Notes:

1. There’s no problem with resistance if you aren’t trying to do anything
2. There’s no problem with resistance if you prefer immediate gratification over long-term growth, health, or integrity.

*Where in your life are you experiencing resistance?*

Next: How to Recognize and Defeat Resistance in Your Life

Characteristics of Resistance:

* Invisible
* Internal
* Insidious
* Implacable
* Impersonal
* Infallible
* Universal
* Never Sleeps
* Plays for Keeps
* Fueled by Fear
* Only Opposes in One Direction
* Most Powerful at the Finish Line
* Recruits Allies
* Loves Procrastination
* Loves Physical Attraction
* Loves Trouble
* Loves Self-Dramatization
* Loves Self-Medication
* Loves Victimhood
* Loves to Influence Choice of a Mate
* Loves Unhappiness
* Loves Defeat
* Loves Criticism
* Loves Self-Doubt
* Hates Love
* Loves Entitlement
* Loves Isolation
* Loves Healing
* Loves Support
* Loves Rationalization
* CAN BE BEATEN