Resistance

Hi folks, and welcome to this very quick sub-module about resistance where I'm going to introduce this concept to you, and it's a concept that will enable you to understand that you have to be prepared to fight this idea or concept called resistance every day.

You see, resistance exists as a force whose sole purpose is to stop success. What's amazing about resistance is that it never sleeps. It can come to you in your dreams. If you've ever had something important in your life that you've been working towards, and you've had a crazy bad dream the night before you've been going to go and do it, well that's resistance.

How does resistance know to come to you in your sleep?

Resistance has amazing intelligence and cunning. It is at least as intelligent and cunning as you are. It can morph into many forms. Have you ever had a situation where the people that love you when you tell them what you're going to do, say things like are you crazy, you can't do that!

What are you going to do for money?

How are you going to survive?

All of those types of things. Do you know how hard it is?

Have you ever had people who love you say things like that?

That's resistance morphing into the form of people who love you, and it will use
logic and your present reality against you.

It will use facts against you. Resistance will tell you about all the things and all the reasons why you can't do whatever it is that you're aiming to do, and its fuel is fear.

Its fear is not the fear of failure. It is the fear of success, and the fitness industry knows this to be true. You think of people, and it might have even been you who have been on a weight loss program. They successfully get to lose the 5 kilograms or whatever it is that they're aiming to lose, and then six months later, you see them, and what's happened, they've put the 5 kilograms back on and often added some extra on as well!

Now, what that is, is that the people are actually fearful of the success of actually keeping that weight off over time and what that's going do for their life.

So resistance gets really strong. In fact, as you get close to success, it gets stronger.

Resistance

Now, the important thing is resistance is in you, but it isn't you. I know that's going to sound a little bit crazy.

It is in you, but it isn't you, and it feeds off the fear fears of others, as we've already mentioned, and it grows in strength the closer you get to success.

Did you know that when I did my course to enable me to write my book **What Really Matters For Young Professionals!** I learned from Dale Beaumont that 95% of books never get published. They get written but never published.

Why? Because the people who write them know that as soon as they publish their book, it's going to get judged, just as my books have been judged. Some people are going to say it's great, and some people are going to say it's not great.

Even JK Rowling has had people say that her Harry Potter book series is not great. So, some people get so fearful about the negative feedback they might get that they stop and don't publish their book. You might find that resistance is present in the virtual room right now!

You might find that your mind is going, "This is just a lot of crap! What's Gary going on about? Resistance isn't real."

It is real, and you know it's real because you have experienced it already. What's amazing about resistance is that it lies idle when you when what you are doing is taking you away from success.

So when you're watching reality TV (the tenth show in a row) and you've got other things that you could be doing during that time, and a little voice goes off in your head and says, "Hey get up. You should be doing something else."

Resistance does nothing!

And if you've ever been lying on a couch, have you ever noticed how heavy your legs feel when you go to get off that couch when you know you should have been doing something else? Your body feels so heavy! That's just the weight of resistance, just loving sitting on top of you while you're **not** doing actions that are taking you towards success.

Now, resistance is a mighty foe, but the most important thing is that it can be defeated and that you are defeating it every time you come in and log into the Yes For Success Program!

Resistance

Every time you complete a module, you are defeating resistance. More importantly, every time you take an action that you write down in your plan to help you continue to create more success, you are defeating resistance.

I've known about this concept now for 20 years, and I still have to fight resistance every day. So I'm sorry to tell you that folks! I'm sorry to tell you that you've got to learn to fight this every day, but it's true, and the more that you can defeat resistance, and the more evidence that you've got that you can defeat resistance, the more you're able to continue to defeat it going forward into the future.

And on the odd occasion when resistance defeats you, that's ok. You say to yourself, *"All right, that's cool. I understand it is a mighty foe, and sometimes it will beat me, but I will beat it tomorrow!"*

And you set yourself up, and you take it on, and you defeat it. So you'll hear me talking about resistance in messages I send you throughout this journey because it really is a mighty foe, and you must be aware of this concept to help you on your journey. And now it's has a name. **Resistance**.

As I've explained resistance to you, I know it will have seemed familiar, but it didn't have a name. But now, it's got a name, and you know what to call it, and you're therefore able to recognise it, and consequently, you can fight it and overcome it and make sure you take the action that you need to take to help you to create the success that you desire.

Once again, I'm Gary Ryan, and it's a delight to be working with you. And I look forward to working with you in the next module of the Yes For Success Program.