

STRATEGY #1

CREATE SUCCESS TRIGGERS

The first strategy is to create success triggers. Take actions that will help minimize your resistance and make doing those things that you don't want to do a whole lot easier. It's sort of like clearing the path and eliminating excuses ahead of time, so that doing the right thing, that thing you wouldn't normally want to do, isn't quite so hard.

STRATEGY #2

SET THE TIMER

Set a timer and get things done. When I really need to buckle down and get to work, I set the timer. In fact I use an app on all my devices called Freedom, which will lock me out of all distractions for a set amount of time. No Facebook or Instagram or Slack or, sadly, Daily Mail.

STRATEGY #3

FIND ACCOUNTABILITY

Of course accountability comes in many forms. It could be asking a friend or your spouse to hold you accountable for a particular goal, or to help push you past whatever resistance you might be facing. It could be joining some sort of formal accountability group—something like Weight Watchers or a Financial Peace University Class. It might be reaching out to a teacher or a counselor or a pastor—someone who can help you uncover your underlying fears and call you out when they see resistance standing in your way.

STRATEGY #4

INVEST IN YOURSELF

The reality in life is that we value what we pay for, which means you will be far more likely to push through resistance and to actually do those hard things when you are invested enough to take it seriously. When you dare to make a significant monetary investment in yourself, you are also telling yourself—and your subconscious—that this is something you really want to do, that you really believe in. And that makes you more likely to follow through. There are a million ways that you can invest in yourself and in your time, and while you might think you can't afford it, sometimes a better question to ask yourself is this: Can you afford not to?

STRATEGY #5

CELEBRATE YOUR WINS

The truth is that too often we are so hard on ourselves about all the ways that we fall short or give into temptation, so unforgiving of the times when we DON'T push past that resistance, that we forget to give ourselves credit for the times that we DO manage to do the hard things.

But it is only when we begin to recognize even the smallest accomplishments—while at the same time giving ourselves grace for the ways we fall short—that we will work up the courage and confidence to do bigger and bigger things.

Remember—courage and confidence is like a muscle. The more we exercise it, the stronger that gets.

So be sure to celebrate those wins. Even the small ones!