



DEBRA KASOWSKI
INTERNATIONAL
EXECUTIVE COACHING & CONSULTING

WHAT YOU RESIST PERSISTS

What are you resisting right now?

What have you been putting off doing?

What are you afraid of? (failure, success, rejection, change, uncertainty/unknown, being vulnerable)

***Acknowledge and be aware that you are facing resistance.
Feel the feeling that comes up for you as you face resistance.
Identify where your fear is coming from.
Let go of what you are resisting.
Accept what is and what you can change.***

PEOPLE PASSION PRODUCTIVITY PERFORMANCE PROFITS



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