

Working With Resistance (Not Against It)

Learn how to dissolve inner resistance, create aligned vision, and move toward your goals with more ease and flow.

Quick recap

This meeting focused on working with resistance and creating realities, led by Annie who taught participants about visualization and intention-setting. Annie shared frameworks for attracting clients and customers, emphasizing the importance of holding congruent visions and using "dream self" exercises to manifest desired outcomes. Natalie discussed her challenges with Upgrade Labs, including financial pressures and the need to attract more members, while Ali shared about procrastination with content creation and self-sabotage patterns. The group practiced coaching techniques for working with resistance through role-playing exercises, with Annie teaching the difference between "hockey" (pushing against resistance) and "curling" (making it smooth for natural movement).

Summary

Working with Resistance and Visioning

Annie led a discussion on working with resistance and creating realities, focusing on the importance of visioning and imagination before taking concrete actions. Natalie shared her current challenge of maintaining a positive attitude while facing financial difficulties with Upgrade Labs, including a required \$5,000 payment to the Texas comptroller. Annie emphasized the role of imagination in creating new realities, using examples like James Cameron and Steve Jobs to illustrate how seemingly impossible visions can become reality through congruent visioning and new technologies.

Business Growth Visualization Techniques

Annie shared her approach to visualization and intention-setting for business growth, particularly for her program "Mistress Mind" and Upgrade Labs. She described a technique of giving tasks to one's "dream self" before bed and visualizing specific outcomes, such as recruiting 12 women for her program. Annie advised Natalie to leverage their existing mailing list to reconnect with

interested parties in Austin and create compelling marketing content to remind potential clients about Upgrade Labs' longevity services.

Flyer Strategy and Content Challenges

Natalie discussed her strategy for handing out flyers for a free day pass to a longevity center in Rollingwood, and Annie provided feedback on improving her approach by being more engaging and making the offer seem covetable. Ali shared challenges with content creation and self-sabotage, to which Annie advised reframing these behaviors as fear or anxiety rather than sabotage, suggesting techniques for addressing and releasing these feelings.

Overcoming External Limiting Voices

Annie guided Ali through a discussion about internal resistance and self-sabotage, focusing on identifying external voices that limit success and distinguishing them from personal fears. Annie explained that these limiting voices often come from external sources like parents or society, not from within oneself, and encouraged Ali to recognize and release these external influences to pursue goals more effectively. The conversation concluded with Annie suggesting that taking action despite a lack of motivation can generate the necessary energy, similar to the experience of going to the gym.

Business Package Visualization Strategies

Hristo discussed his experience with visualizing and creating business packages, sharing how meditation helps him envision successful outcomes. Annie advised Hristo to focus on the emotional impact and life upgrades rather than just the package details, and emphasized that the phrasing is important when conceptualizing offers. The conversation then shifted to Hristo's resistance to creating Reels content, where Annie shared her approach of starting imperfectly and emphasized that the first attempt should focus on completion rather than perfection. Annie suggested that Hristo could work with an ally or leverage his existing SEO company collaboration for content creation support.

Handling Resistance Coaching Techniques

Annie led a training session on handling resistance, explaining the difference between "hockey" and "curling" approaches to coaching. She demonstrated how to validate and normalize resistance before offering alternative solutions, emphasizing the importance of not pushing against fear but instead creating a safe environment for change. The group then practiced this technique in breakout rooms, with participants coaching each other through simulated resistance scenarios.