



Sacred Depths

COACH CERTIFICATION

Pre-Training Check-in

Managing Your Resistance

Why are you here? What's the sacred purpose behind your decision to join the program?

What do you really want from this training?

Some thoughts you may be thinking:

- *What was I thinking when I signed up for this?*
- *Am I really going to have the time for this?*
- *I'm too advanced for this*
- *This is too advanced or too simple for me*
- *What if this doesn't work for me and I'm not going to get what I need here?*

Actions that point to resistance

- *Not listening to the calls*
- *Not catching up when you miss calls*
- *Not doing the homework, not participating in ways you know you want to participate*

What is your brand of resistance right now? *No judgment or beating yourself about it*

What's the fear behind the resistance?

What's the part of you, or what pattern/person or idea is at risk if you were to really achieve your goal for this training?

What is it you want to commit to for this program? Write a sacred commitment to yourself?