

What do I resist about taking action?

(Write it down and keep letting go until you are 100% imperturbable about it.)

If I don't do _____, it won't get done

(Write it down and keep letting go until you are 100% imperturbable about it.)

I don't have enough time for _____.

(Write it down and keep letting go until you are 100% imperturbable about it.)

What will happen if I don't do anything?

(Write it down and keep letting go until you are 100% imperturbable about it.)

Make a list of things you hate to do

(Write it down and keep letting go until you are 100% imperturbable about it.)

Make a list of things that require effort for you to do

(Write it down and keep letting go until you are 100% imperturbable about it.)