

Lesson 4 Worksheet: Overcoming Resistance

Theme Scripture: *“For God gave us a spirit not of fear but of power and love and self-control.”*
— 2 Timothy 1:7

Section 1: Common Blockers

- Area of Resistance (procrastination, perfectionism, fear):

- Root Cause: _____
- Scripture Truth to Replace It: _____

Section 2: Reframing Setbacks

- Recent Setback: _____
- Lessons Learned:
 1. _____
 2. _____
- Adjustment Moving Forward: _____

Section 3: Motivation Boosters

- Reward for Milestone: _____
- Progress Tracker (checklist/chart/journal): _____
- Weekly Reflection: _____