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Enduring Resistance Guide

A compact, practical resource for pushing through the test of resistance — mental, emotional, physical, relational, and professional. Never forget that you were intentionally created to be a conqueror.

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ENDURING RESISTANCE

Your Guide to Success

Resistance is not a stop sign — it's a test. Whether you're writing a paper, rebuilding your health, showing up to lead, or learning a new skill, resistance will show up. This guide takes the five core truths I shared on Instagram and turns them into practical strategy: short explanations, simple exercises you can use today, and a 7-day starter plan to build endurance through consistency. Use this guide when you notice avoidance, procrastination, emotional overwhelm, perfection paralysis, or burnout. Read it straight through or jump to the section that most fits what you're facing.



How To Use THIS GUIDE



Read & Absorb

Read the short summary for each guideline.



Act in Minutes

Complete the 3 action steps beneath it (these are micro-practices you can do in 5–20 minutes).



Reflect & Deepen

Use the reflection prompts at the end of each section to deepen learning.



Reset with Routine

Complete the 7-Day Tolerance Builder — a daily, behavior-focused challenge that trains the nervous system to show up, pause instead of avoid, and repeat small tasks with increasing capacity.

GUIDELINE 1

Resistance Is A Test, Not A Stop Sign

KEY IDEA

Resistance shows the edges of growth — it's the friction that proves you're stretching beyond your comfort zone. It asks you to decide whether the goal is worth the effort it requires. Growth is rarely smooth, which means resistance is not proof of misalignment — it's often proof of progress.

WHY IT MATTERS

Treating resistance as an endpoint keeps you stuck. Treating it as a test shifts your posture — from defeat to curiosity and planning.

ACTION STEPS

- **Name it (2 minutes):** When you notice resistance, label it: *"I'm feeling resistance right now about ____."* Naming reduces its power.
- **Rate it (1–5):** How intense is the resistance? If it's 1–2, proceed. If 4–5, use step-down strategies below.
- **Mini-contest (10 minutes):** Set a 10-minute timer and do one small, related task. Celebrate completion.

STEP-DOWN STRATEGIES WHEN RESISTANCE FEELS HUGE

- 1 Break the task into a 2-minute version to reduce overwhelm and simply begin.
- 2 Delegate or outsource a small part of the task so you're not carrying the full load alone.
- 3 Change your environment — move to a new room, adjust lighting, or work in a space that signals focus and momentum.

REFLECTION PROMPTS



When did resistance show up last week? What did it try to stop you from doing?



What happened when you treated it like a test instead of a stop sign?

GUIDELINE 2

Emotions Are Signals, Not Instructions

KEY IDEA

Emotions tell you the truth about your inner state — but truth and instruction are not the same. A feeling can reveal a need without determining your response. When you pause to interpret emotion instead of obeying it, you gain agency instead of acting from impulse.

WHY IT MATTERS

Reacting automatically to feelings (e.g., quitting when anxious, bingeing when lonely) reinforces avoidance. Learning to notice feelings gives you freedom to choose aligned actions.

ACTION STEPS

- **Observe (3 minutes):** Name the emotion: anxious, tired, bored, overwhelmed.
- **Ask (1 minute):** What is this emotion signaling? (e.g., *I need rest; I'm afraid of failure.*)
- **Choose (5 minutes):** Decide one small action that honors reality and your goal. (*Rest for 20 minutes or do a 5-minute focused sprint.*)

QUICK TOOL: THE PAUSE PROTOCOL

- 1 Pause (5–10 seconds):** Stop what you're doing — no decisions, no movement, just stillness. Interrupting the automatic reaction is the first act of power.
- 2 Breathe (4 slow counts in, 4 out):** Drop your shoulders and intentionally regulate your nervous system. A calm body gives you access to a rational mind.
- 3 Name the feeling:** Identify what's present — "I'm anxious," "I'm irritated," "I feel unsure," "I feel behind." Naming the emotion separates you from the experience.
- 4 Choose one micro-action:** Based on what you're feeling, decide the next aligned step. If the feeling signals exhaustion, take a short rest. If it signals fear, do one small courageous action. The goal is not to feel ready — only to move with awareness.

REFLECTION PROMPTS



Which emotions most often derail you? What signal might they be trying to send?



What micro-action would honor that signal while keeping you moving forward?

GUIDELINE 3

Capacity Builds Through Repetition

KEY IDEA

Incremental effort compounds over time — what feels small today becomes your new baseline tomorrow. Each push builds capacity, confidence, and familiarity with discomfort. Strength isn't built in leaps, it's built in layers — one sustained step after another.

WHY IT MATTERS

Expecting instant results leads to discouragement. Compounding progress rewires your confidence.

ACTION STEPS

- **Record wins (5 minutes):** Keep a simple wins list — 3 items daily (no matter how small).
- **Micro-progression (10 minutes):** Identify one thing you can do today that's 1% better than yesterday.
- **Review & adjust (weekly, 15 minutes):** What worked? What didn't? Set one tweak.

QUICK TOOL: THE REPETITION LADDER

Build capacity by stepping your effort up gradually instead of all at once. Start with the smallest sustainable version of the task and increase only when resistance decreases.

1

Level 1 (Show Up)

Do the smallest version of the task just to maintain connection (ex: read one page, write one sentence, stretch for two minutes).

2

Level 2 (Engage More Deeply)

Increase effort once showing up feels familiar (ex: read for 5 minutes, write one paragraph, complete a full stretch routine).

3

Level 3 (Extend Your Capacity)

When Level 2 begins feeling easier, step into the full version without urgency or force.

REFLECTION PROMPTS



What small push from last month made a bigger difference than you expected?



How can you design your environment to make small pushes easier?

GUIDELINE 4

Consistency Beats Intensity

KEY IDEA

Sustainable progress comes from repetition, not rare intensity. Bursts of energy burn hot and fast, but consistency builds identity — “I’m someone who follows through.” When you start small, you give yourself room to grow without collapsing under expectation.

WHY IT MATTERS

Intensity without habit leads to burnout because short bursts of energy are unsustainable. Consistency builds automaticity, rewires your behavior patterns, and reinforces your identity as someone who follows through. Over time, small, repeated actions compound into significant progress, making long-term goals attainable and reducing the likelihood of overwhelm or failure.

ACTION STEPS

- **Pick one habit (5 minutes):** Choose one tiny habit you can commit to daily for 2 weeks.
- **Anchor it (2 minutes):** Attach it to an existing routine (after morning coffee, before brushing teeth).
- **Track it (daily, 30 seconds):** Mark completion. Tracking your progress with habits builds motivation.

STARTER HABIT EXAMPLES

- 1 One page of writing
- 2 5 minutes of focused work
- 3 2-minute breathing practice
- 4 Reading 2–3 pages of a book
- 5 Jotting down 1 goal or gratitude item
- 6 5 minutes of stretching or bodyweight exercises
- 7 Doing one quick chore like tidying your workspace

REFLECTION PROMPTS



Which habits have you kept before? What made them stick?



What is one habit you can make tiny today that would move the needle over time?

GUIDELINE 5

Purposeful Pauses Are Powerful

KEY IDEA

Pauses protect your capacity and preserve your clarity. They prevent emotional overload and decision fatigue, giving your mind and nervous system space to reset. Intentional rest strengthens your ability to endure — you recover to continue, not to retreat.

WHY IT MATTERS

Without planned pauses, you deplete capacity and increase the chance of reacting to emotions. Regular, purposeful breaks not only restore mental energy but also improve focus, decision-making, and emotional regulation. Over time, these pauses build resilience, helping you sustain effort and respond intentionally rather than reactively in high-pressure situations.

ACTION STEPS

- **Schedule a pause (2 minutes):** Block a 10–20 minute intentional break on your calendar today.
- **Pause ritual (5 minutes):** Unplug, stretch, breathe, or step outside — choose one simple ritual.
- **Debrief (3 minutes):** After the pause, note what changed: energy, focus, mood.

PRACTICAL STRATEGIES

- 1 **Micro-Pause Every Hour:** Even 60 seconds to stand, stretch, or take a few deep breaths can reset focus.
- 2 **Digital Detox Blocks:** Schedule one 30–60 minute period each day to unplug from screens and notifications.
- 3 **Mindful Transitions:** Use the moments between tasks (walking to another room, waiting for an email) to take three deep breaths and center yourself.
- 4 **Weekly Reflection Pause:** Once a week, review your wins and challenges, journaling insights to strengthen intentionality and clarity.

REFLECTION PROMPTS



When did a purposeful pause help you perform better later?



What pause practice recharges you fastest?

7-DAY STARTER PLAN

Build endurance through tiny daily wins!

GOAL

Move from avoidance to steady action using consistency and strategic pauses.

7-DAY STARTER PLAN

DAY

- 1 Choose one tiny task & finish it.
- 2 Repeat the same small task again.
- 3 Do a slightly harder version today.
- 4 Do a task you've been putting off.
- 5 Maintain yesterday's progress.
- 6 Increase duration or intensity.
- 7 Add a second small task.



WANNA LEARN MORE?

If this guide helped you think differently about resistance, imagine what happens when those principles move from notes on a page to daily practice in your life. Growth accelerates when guidance meets accountability — when you no longer push alone, but walk with someone who challenges you, steadies you, and believes with you.

My coaching services are built to support that journey — not with pressure, but with structure, clarity, and spiritually-grounded strategy. If you're ready for consistent momentum, deeper discipline, and support that meets you where you are while guiding you further, I'd love to walk with you. You don't have to grow in isolation. You don't have to fight resistance without tools.

You can build what you imagine — one supported step at a time.



If you're ready to

- *gain practical tools and personalized strategies,*
- *break cycles that keep you stuck,*
- *develop a healthier mindset,*
- *grow spiritually and emotionally, and*
- *finally step into the future you've been praying for...*

I'd love to support you!

SCHEDULE A FREE CALL