

Two weeks ago, we began this 5-Week Series merging the insightful strategies from James Clear's bestselling book *Atomic Habits* with profound spiritual principles, offering a unique roadmap to personal and spiritual growth. Our Atomic Habits are our Spiritual Practices. In this context, the term "atomic" also suggests that they are powerful enough to have a significant impact over time. Making Atomic Habits inevitable means creating a lifestyle where we enthusiastically and joyfully practice our spiritual habits.

Resistance to Creating New Habits

We've been talking about these powerful Atomic Habits, our spiritual practices. A few people have told me that they have noticed that a little bit of resistance pops up when they consider creating new habits. And you know what? That is normal and understandable. Anytime we're trying to implement new practices or make changes in our lives, our minds have a natural tendency to want to put up a fight and resist change.

Have you had resistance to adapting to new Atomic Habits or deepening your spiritual practice? Reflect on these questions: Have you been practicing the Atomic Habits we have been discussing? If so. Great! If not, why? Do you have resistance to doing them? If so, what is your resistance about? Are you afraid of change? Do you only want to do what is easy? Are you afraid of failure? Why don't we do things we know are good for us? Resistance doesn't have to be the enemy here. We can use it to deepen our spiritual growth and transformation. How, you ask?

Practicing Letting Go of Our Resistance

Here is an exercise to help release any lingering hesitation or doubt about using your Atomic Spiritual Habits. Consider the resistance you are facing. What is it about? Are you willing to release it and embrace Atomic Habits that will improve your well-being?

I want you to take a deep breath in, and as you exhale, silently say to yourself, "*I let go of any resistance to using my Atomic Habits.*" Feel those words sink in. Allow yourself to release any blocks, fears, or preconceptions you've been holding on to. Imagine those feelings flowing out of your body with each breath. You're creating space for these transformative practices to take root and flourish. You're opening yourself up to the profound benefits they have to offer. Now, take one more deep breath, and as you exhale, feel a sense of lightness and readiness wash over you. You are fully present and available to embrace these Atomic Habits with an open heart and mind. Remember, any resistance you experience is your mind's way of resisting change. But we know better, don't we? We understand that the only way to grow is to be willing to let go. So, let's do this together - release what no longer serves us and make way for the magic waiting on the other side.

Affirmation Exercise to Make Your Atomic Habits Inevitable.

Please join me in this powerful affirmation creation exercise. This affirmation will reprogram your subconscious mind and make your daily "Atomic Habits" and your spiritual practices feel like second nature - effortless, enjoyable, and perfectly aligned with who you're becoming. Look at the following Atomic Habits/Spiritual practices and pick one to practice this week. You might choose one that you have not practiced in a while. They are meditation, prayer, affirmations, gratitude practice, visualization practice, yoga practice, inspirational reading, being in nature, enjoying spiritual music, and being creative.

Write an affirmation affirming that you are practicing the new Atomic Habit. For example, "I am joyfully practicing (fill in the blank) daily. Example: "*I am joyfully practicing gratitude daily.*"

As we conclude today's discussion on making good habits inevitable, remember that the journey to transforming our lives through positive habits is both rewarding and within our control. By strategically embracing the power of small, consistent actions, we forge paths to personal excellence and empower ourselves to live more fulfilling lives. Let's take these insights and commit to creating a life where good habits aren't just an aspiration but an automatic part of our daily existence. Thank you for joining me on this transformative journey, and may you find the strength and inspiration to make your good habits genuinely inevitable.

Affirmation: My Atomic Habits produce inevitable positive results.