

## DAY 3

### Why Resistance Blocks Manifestation

*"Resistance will cause a reaction that can make or break you." — Bryant McGill*

Resistance is that inner pushback when things don't go your way. It might show as frustration, anxiety, or stubbornness. When you resist, you're putting energy into what you don't want—and the Law of Attraction matches that vibration.

Think of resistance like pushing against a heavy door. The harder you push, the more the door resists. But if you ease your pressure and pull gently, the door opens.

Letting go means relaxing into the flow, even when it feels uncertain or uncomfortable.

---

#### Reflect

Recall a recent moment when you felt resistance. How did it affect your energy and mood? What might happen if you softened instead?

---

#### Today's Practice

Whenever resistance arises, pause and breathe deeply. Ask: *What if I let this go and trusted the process?*

Try releasing tension in your body as you breathe out.