

Level Up GUIDE



SESSION SUMMARY:

In this video, you'll learn how to push through resistance and achieve your goals by understanding that true leadership is measured not by what happens before the hit, but by what you do after it. Too many leaders give up when obstacles appear, but you'll discover how resistance can actually propel you forward rather than hold you back. Drawing from John Madden's football insights and even aviation principles, you'll see how leadership challenges work in cycles—and how to keep pressing on when others retreat. You'll also gain practical strategies to develop persistence, reflect on your breakthroughs, and transform obstacles into opportunities for growth. Whether you're leading a business, family, or community group, these principles will help you maintain momentum, overcome challenges, and achieve breakthrough results.

GROUP QUESTIONS:

- What was your initial reaction to the concept of 'YAC Leadership' and measuring your 'yards after contact'?
- Can you share a time when you hit resistance in your leadership journey? How did you respond?
- Barrett says, 'The difference between successful people and unsuccessful people is not in what happens to them. It's in how they respond to what happens to them.' Do you agree? Why or why not?
- How do you typically react when you encounter obstacles or resistance in your work or life?
- What's the difference between healthy persistence and unhealthy stubbornness when facing resistance?
- Barrett mentions that reflection after breaking through resistance is crucial. What role has reflection played in your growth as a leader?
- How might viewing resistance as something that gives you 'lift' (like an airplane) change your perspective on challenges?
- What practical strategies have you found helpful for maintaining persistence when facing ongoing resistance?

APPLICATION:

This week, identify one area in your life or leadership where you're currently experiencing resistance or have recently given up because of obstacles. Commit to taking at least three specific actions to push through this resistance rather than retreating. Keep a brief journal of your thoughts, feelings, and observations as you intentionally practice getting 'yards after contact.'